



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Serious Is My Procrastination?

10 questions about putting off what matters

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Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ I have seen people break free from addictions they carried for decades – not through willpower, but through understanding. When we change the story, the habit loses its grip.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



How Serious Is My Procrastination?

This assessment helps you understand how often you delay tasks. Answer honestly to get a clearer picture.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often delay starting important tasks until the very last minute?
- Do you find yourself doing low-priority tasks instead of urgent, important ones?
- Do you feel mentally stuck or paralysed when facing a complex or daunting task?
- Do you experience anxiety or dread when thinking about beginning a task you need to do?
- Do you engage in many other activities (cleaning, browsing, etc.) to avoid the one task that truly matters?
- Do you regret procrastinating after the fact, yet find yourself repeating the pattern?
- Do you tend to blame external circumstances or other people for your delays, rather than your own choices?
- Has your habit of delaying tasks negatively impacted your career, studies, or relationships?
- Do you feel overwhelmed by the sheer thought of starting a task, leading you to avoid it altogether?
- Do you use being 'busy' with less important things as an excuse for not tackling crucial responsibilities?

Score: Count the number of 'Yes' answers. This will help determine your procrastination score.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Occasional Procrastinator

You occasionally delay tasks, which is normal. Try to be mindful of when it happens and its reasons.

SCORE: 4-6

Mild Procrastinator

You sometimes find yourself delaying tasks. Exploring simple time management techniques could be beneficial.

SCORE: 7-8

Moderate Procrastinator

Procrastination seems to be a regular challenge for you. Consider understanding the underlying causes to develop better coping strategies.

SCORE: 9-10

Severe Procrastinator

You frequently struggle with procrastination, and it's significantly impacting your life. Seeking support from a mental wellness professional is highly recommended to address this pattern.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If your score indicates a strong tendency to procrastinate, remember that breaking down large tasks into tiny, manageable steps can make them feel less overwhelming and easier to start.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question did you find most difficult to answer 'No' to?

2. What is one small step you can take today to counter the urge to delay?

3. How does procrastination affect your overall well-being and energy levels?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindfulness for Busy Minds

Learn techniques to stay present and focused amidst daily chaos.

₹199

2

Effective Time Management Toolkit

Master your schedule and boost productivity with proven strategies.

₹99

3

Stress Reduction Techniques

Discover practical ways to manage and reduce everyday stress.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224