



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Gaming Taking Over My Life?

10 questions about your gaming habits

Dr. Priya Dubey Sharma

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



Is Gaming Taking Over My Life?

This assessment helps you understand your gaming habits. Please answer honestly. Select 'Yes' if the statement generally applies to you over the past year, and 'No' otherwise.

Assessment Questions

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

- Do you often think about gaming when you are not playing?
- Do you feel restless or irritable when you cannot play games?
- Do you need to spend more and more time playing games to feel satisfied?
- Have you tried to cut down or stop gaming but failed?
- Have you lost interest in hobbies and social activities you once enjoyed because of gaming?
- Do you continue to play games even though you know it is causing problems in your relationships, work, or studies?
- Have you lied to family members or others about how much time you spend gaming?
- Do you play games to escape from problems or to improve your mood?
- Have you jeopardised or lost a significant relationship, job, or educational/career opportunity because of gaming?
- Is gaming the most important thing in your life, taking priority over other responsibilities?

Score: Count the number of 'Yes' answers. This score indicates your current relationship with gaming.



Your Results

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

SCORE: 0-3

Healthy Gaming

Your gaming habits appear balanced with other life activities. Continue to monitor your habits to maintain this healthy relationship with gaming.

SCORE: 4-6

Mild Concern

There are some signs that gaming might be starting to cause minor issues. Consider reflecting on your gaming time and its impact on other areas of your life.

SCORE: 7-8

Moderate Concern

Gaming seems to be causing noticeable problems in your life. It might be helpful to explore strategies for reducing gaming time and re-engaging with other activities.

SCORE: 9-10

Problematic Gaming

Gaming appears to be a significant issue, negatively impacting multiple areas of your life. Seeking support from a mental wellness professional is strongly recommended to help you regain balance.

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

DR. PRIYA'S TIP

If your results show a higher level of concern, remember that small, consistent steps towards balance can make a big difference. Consider setting specific, achievable goals for reducing gaming time and increasing engagement in offline activities.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of your gaming routine feel most challenging to change?

2. How do your gaming habits affect your relationships and responsibilities?

3. What other activities or hobbies could you explore to find enjoyment outside of gaming?

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

Mindful Moments: A Guide to Stress Reduction

Learn practical techniques to manage stress and find calm in daily life.

₹199

2

Building Healthy Relationships

Discover tools to foster stronger connections with loved ones.

₹99

3

Finding Joy in Hobbies and Passions

Reconnect with your interests and enrich your life beyond screens.

₹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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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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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