



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Joint Family Life Stressing Me Out?

10 questions about living in a joint family

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.

“ The quality of our relationships is the quality of our lives. Every relationship skill in this guide is teachable and learnable – at any age, at any stage.

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.

“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.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is Joint Family Life Stressing Me Out?

This screener helps you understand your current stress levels within a joint family setting. Please answer honestly.

Assessment Questions

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

- Do you often feel a lack of personal space or privacy in your joint family home?
- Do you feel constantly watched or judged by your parents-in-law or other elders?
- Are there frequent conflicts between your spouse and your parents/in-laws?
- Do you find it difficult to make independent decisions regarding your life or finances?
- Does managing finances in a shared household create significant stress for you?
- Do you feel you have lost your personal identity since joining the joint family?
- Do you often feel invisible or undervalued within the family hierarchy?
- Do you struggle with parenting your children due to interference from elders?
- Do you often feel resentment that you are unable to express openly?
- Despite challenges, do you experience moments of genuine warmth and belonging in your family?

Score: Count the number of 'Yes' answers for questions 1 through 9. Subtract the number of 'Yes' answers for question 10 from this total. This is your stress score.



Your Results

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

SCORE: 0-3

Thriving

You are managing well within the joint family system, experiencing harmony and support.

SCORE: 4-6

Mild Stress

You are experiencing some pressures, but they are generally manageable with conscious effort.

SCORE: 7-8

Moderate Stress

You are facing significant challenges that are impacting your well-being; seeking ways to cope is important.

SCORE: 9-10

Significant Stress

You are under considerable strain. It is highly recommended to seek support to navigate these difficulties effectively.

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

DR. PRIYA'S TIP

Focus on nurturing your individual needs and seeking moments of peace, even amidst the demands of a joint family. Small, consistent steps can make a difference.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which specific situations in your joint family cause you the most stress?

2. What is one small change you can make to increase your personal space or sense of autonomy?

3. How can you better communicate your needs and feelings within the family structure?

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

Navigating In-Law Relationships

Strategies for building healthier connections with your in-laws.

₹199

2

Effective Communication Toolkit

Learn to express yourself clearly and respectfully in family matters.

₹99

3

Personal Boundaries Workshop

Establish and maintain healthy boundaries within your family.

₹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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"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."

– 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