



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Is My Anger Out of Control?

---

A 10-question self-check for anger patterns

**Dr. Priya Dubey Sharma**

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



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

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.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

### 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 My Anger Out of Control?

This self-screener helps you understand your anger responses. Answer honestly to get a clearer picture of your current patterns.

### Assessment Questions

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

- How often do you feel angry or irritated in a typical week?
- When you get angry, how intense are your reactions (e.g., yelling, throwing things)?
- How long does it usually take for you to calm down after becoming angry?
- What are your most common anger triggers (e.g., traffic jams, work pressure, family disagreements)?
- Do you experience physical symptoms when angry, like a racing heart or tense muscles?
- Do you often regret your actions or words after an angry outburst?
- How frequently does your anger negatively affect your relationships with family or friends?
- Have you actively tried to find ways to manage or control your anger?
- Do you tend to express anger indirectly, like through sarcasm or silent treatment?
- How often do you find yourself holding onto resentment or grudges after a conflict?

**Score:** Count the number of 'Yes' answers to the questions above.



## Your Results

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

### SCORE: 0-3

#### Well-Managed Anger

Your anger responses appear to be generally well-handled. You likely have effective strategies for managing frustration and expressing yourself constructively.

### SCORE: 4-6

#### Occasional Anger

Anger seems to surface sometimes, and your reactions might occasionally be stronger than intended. Exploring healthier coping mechanisms could be beneficial.

### SCORE: 7-8

#### Frequent Anger

You experience anger relatively often, and its intensity or duration might be causing concern. Learning specific anger management techniques can provide valuable support.

### SCORE: 9-10

#### Intense Anger

Anger seems to be a significant challenge, impacting your well-being and relationships. Seeking guidance from a mental wellness professional is strongly recommended to develop effective strategies.

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

### DR. PRIYA'S TIP

If your score indicates frequent or intense anger, remember that learning to manage anger is a skill that can be developed with practice and support. Consider exploring resources on emotional regulation.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated with you the most, and why?

---

---

---

---

2. What is one specific situation where your anger felt difficult to manage?

---

---

---

---

3. What small step can you take this week to respond differently when feeling angry?

---

---

---

---

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

### Managing Workplace Stress

Learn techniques to handle pressure and frustration at work.

₹199

2

### Building Healthy Relationships

Discover ways to communicate effectively and resolve conflicts peacefully.

₹99

3

### Mindfulness for Inner Peace

Cultivate calm and reduce reactivity in daily life.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

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



## Stay Connected with Manas

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



**Visit Our Website**

[manas365.com](https://manas365.com)



**Free Assessments**

270+ free tests



**500+ E-Books**

[manas365.com/  
resources](https://manas365.com/resources)



**WhatsApp Us**

+91 99818 13224



**Book a Session with  
Dr. Priya**

[manas365.com/book-  
session](https://manas365.com/book-session)

## Book a Session with Dr. Priya

Individual • Couples • Family • Teen • Corporate Wellness

[manas365.com/book-session](https://manas365.com/book-session)

WhatsApp: +91 99818 13224



**"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."**

– Dr. Priya Dubey Sharma

मनस् – Center for Mental Wellness & Counselling

[manas365.com](http://manas365.com)

**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](mailto:priya@manas365.com) | +91 99818 13224