



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Cannabis Use Becoming a Problem?

10 questions about your relationship with cannabis

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.

“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 My Cannabis Use Becoming a Problem?

This assessment helps you understand your patterns of cannabis use. Please answer honestly.

Assessment Questions

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

- Over the past 12 months, how often have you used cannabis?
- Over the past 12 months, how often have you used cannabis in greater amounts or for longer than you intended?
- Over the past 12 months, how often have you made repeated efforts to cut down or control your cannabis use, or have you been unsuccessful in cutting down or controlling it?
- Over the past 12 months, how often have you been preoccupied with cannabis use (e.g., spending a lot of time obtaining it, using it, or thinking about its effects)?
- Over the past 12 months, how often has your use of cannabis interfered with your responsibilities at work, school, or home?
- Over the past 12 months, how often have you continued to use cannabis even though it was causing you social or relationship problems, or worsening existing ones?
- Over the past 12 months, how often have you given up or cut back on important social, occupational, or recreational activities because of your cannabis use?
- Over the past 12 months, how often have you used cannabis in situations where it was physically hazardous?
- Over the past 12 months, how often have you continued to use cannabis even though you were aware of having a persistent or recurrent physical or psychological problem that was likely to have been caused or made worse by cannabis (e.g., anxiety, sleep difficulties)?
- Over the past 12 months, how often have you experienced a strong desire or a feeling of craving to use cannabis?

Score: Count the total number of 'Often' or 'Very Often' answers. This score indicates your level of concern.



Your Results

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

SCORE: 0-2

Recreational Use

Your use appears to be infrequent and not causing significant issues. Continue to be mindful of your patterns.

SCORE: 3-5

Low Risk Concern

You may be experiencing some minor difficulties related to your use. Consider reflecting on specific situations where problems arise.

SCORE: 6-7

Moderate Concern

Your cannabis use is likely causing noticeable problems in your life. It might be helpful to explore ways to reduce use or seek guidance.

SCORE: 8-10

High Concern

Your cannabis use is significantly impacting your well-being and responsibilities. Seeking support from a wellness professional is strongly recommended to navigate this.

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

DR. PRIYA'S TIP

Reflect on the patterns you've identified; small, consistent changes can lead to significant improvements in your overall well-being.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resulted in the most surprising answer for you?

2. Are there specific situations or triggers that lead to your cannabis use?

3. What are the main benefits you associate with using cannabis, and what are the main drawbacks?

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 Living Guide

A practical guide to incorporating mindfulness into daily life.

₹199

2

Stress Management Toolkit

Techniques and strategies to effectively manage everyday stress.

₹99

3

Building Healthy Habits

Learn to cultivate positive routines for lasting change.

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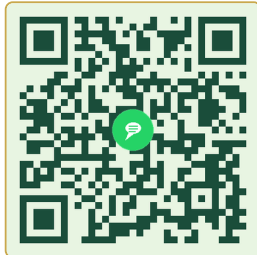
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"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."

— 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