



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Drinking a Problem?

10 questions about your relationship with alcohol

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 My Drinking a Problem?

This brief screening tool helps you understand your current drinking patterns and their potential impact. Please answer honestly.

Assessment Questions

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

- How often do you have a drink containing alcohol?
- How many units of alcohol do you typically drink on a day when you are drinking?
- How often do you have six or more units of alcohol on one occasion?
- How often do you find it difficult to stop drinking once you have started?
- How often do you fail to do things you really should do because of your drinking?
- How often have you needed to drink spirits first thing in the morning during the past month to start functioning?
- How often have you felt guilty or remorseful after drinking?
- How often have you been unable to remember the next day what you had drunk or what you had done?
- Has drinking alcohol ever injured you or someone else?
- Has a relative, or a friend, or a doctor, or any other health care worker worried about your drinking or suggested you cut down?

Score: Count the number of answers that indicate a problem (usually answers B, C, D, or E, depending on the question). Add up your total score.



Your Results

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

SCORE: 0-3

Low Risk

Your current drinking pattern appears to pose minimal risk. Continue to monitor your habits.

SCORE: 4-6

Hazardous Use

Your drinking may be putting you at risk of future harm. Consider reducing your intake.

SCORE: 7-8

Harmful Use

Your drinking is causing harm. It is recommended to seek advice on reducing your alcohol consumption.

SCORE: 9-10

Possible Dependence

Your drinking pattern suggests a possible dependence. Seeking professional support is strongly encouraged to explore healthier choices.

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

DR. PRIYA'S TIP

If your score suggests concerns, remember that exploring healthier coping mechanisms is a sign of strength, and support is available.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What situations or feelings tend to trigger your drinking?

2. What are the main benefits you feel you get from drinking alcohol?

3. What are three small steps you could take to reduce your alcohol intake?

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

Learn techniques for present moment awareness and stress reduction.

₹199

2

Stress Management Toolkit

Practical strategies to navigate daily stressors effectively.

₹99

3

Healthy Habits Tracker

A digital tool to monitor and build positive daily routines.

₹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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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 | +91 99818 13224