



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Is My Perfectionism Driven by Anxiety?

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10 questions about the fear underneath your high standards

**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.

“Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.”

### 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 Perfectionism Driven by Anxiety?

This screener helps you understand if your high standards are driven by fear of failure or a genuine desire for growth. Answer honestly to get a better sense of your perfectionistic tendencies.

### Assessment Questions

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

- Do you often find yourself unable to start tasks because you fear they won't be perfect?
- Do you set extremely high standards for yourself, believing anything less than perfect is a failure?
- Do you frequently engage in harsh self-criticism when you fall short of your own expectations?
- Do you avoid situations where your performance might be seen as imperfect?
- Do you spend excessive time checking and redoing your work to ensure it meets your perfect standard?
- Do you experience physical anxiety symptoms, like a racing heart or tense muscles, when your work is not perfect?
- Do you tie your self-worth almost entirely to your achievements and performance?
- Do you find it difficult to celebrate accomplishments, immediately focusing on the next goal?
- Do you often feel that you are not good enough, even when you have achieved something significant?
- Do you struggle to accept 'good enough', always pushing for an unattainable level of flawlessness?

**Score:** Count the number of 'Yes' answers. This will help determine your level of anxiety-driven perfectionism.



## Your Results

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

### SCORE: 0-2

#### Healthy Standards

Your standards seem balanced and are likely driven by aspiration rather than fear. You embrace a healthy 'good enough' approach.

### SCORE: 3-4

#### Mild Perfectionistic Anxiety

You may experience some anxiety related to your high standards. Consider exploring ways to manage self-criticism and embrace progress over perfection.

### SCORE: 5-6

#### Moderate Perfectionistic Anxiety

Perfectionistic tendencies are significantly impacting your well-being and causing noticeable anxiety. It may be helpful to explore strategies for managing fear of failure and self-compassion.

### SCORE: 7-10

#### Severe Perfectionistic Anxiety

Your high standards appear strongly driven by fear, leading to considerable distress. Seeking support from a mental wellness professional can provide valuable tools and guidance to navigate these challenges.

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

### DR. PRIYA'S TIP

Remember that striving for excellence is wonderful, but when it comes at the cost of your peace, it's time to re-evaluate. Focus on progress, not just the final outcome.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What does 'perfect' truly mean to you, and who set that standard?

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2. Can you recall a time you allowed yourself to be 'good enough' and what was the outcome?

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3. What is one small step you can take this week to loosen the grip of perfectionism?

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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 Daily Calm

Learn practical techniques to manage stress and find inner peace.

₹299

2

### Building Resilience: Navigating Life's Challenges

Develop coping strategies to bounce back stronger from adversity.

₹349

3

### The Art of Self-Compassion

Cultivate kindness towards yourself, especially during difficult times.

₹249

### 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.



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**"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."**

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