



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Relationship Fulfilling?

A 10-question couples satisfaction check

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 My Relationship Fulfilling?

This assessment helps you understand the current state of your relationship. Answer honestly to get a clearer picture.

Assessment Questions

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

- How often do you feel a deep emotional connection with your partner?
- How satisfied are you with the quality of communication between you and your partner?
- How would you rate the level of intimacy (emotional and physical) in your relationship?
- How much trust do you feel you have in your partner?
- How frequently do you experience conflicts or disagreements with your partner?
- How often do you feel truly heard and understood by your partner?
- How aligned do you feel with your partner on shared life goals and future plans?
- How often do you express and receive appreciation from your partner?
- How much mutual respect do you feel exists in your relationship?
- Overall, how happy do you feel in your current relationship?

Score: Count the number of 'Often' or 'Always' answers. Assign 1 point for each such answer.



Your Results

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

SCORE: 0-3

Struggling

This score suggests significant challenges in the relationship that require immediate attention and open discussion.

SCORE: 4-6

Needs Attention

Your relationship shows some areas that need improvement and focused effort from both partners.

SCORE: 7-8

Mostly Happy

You share a generally positive relationship, with a few aspects that could be strengthened for even greater satisfaction.

SCORE: 9-10

Thriving

Your relationship is strong and fulfilling, characterized by deep connection and mutual understanding.

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

DR. PRIYA'S TIP

Remember, every relationship has its ups and downs, especially in diverse Indian contexts; consistent, kind communication is key to navigating them together.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which area of your relationship do you feel needs the most immediate focus after taking this assessment?

2. What is one small step you can take this week to improve communication with your partner?

3. Consider a recent conflict: What could have been handled differently to foster more understanding?

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

Building Trust Together

A guide to strengthening the foundation of your relationship.

₹199

2

Effective Communication Workshop

Learn practical skills to talk and listen better with your partner.

₹99

3

Nurturing Intimacy

Explore ways to deepen emotional and physical closeness.

₹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