



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Relationship Healthy?

A 10-question relationship health check

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.

“ 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 Healthy?

This short assessment can help you reflect on the health of your romantic partnership. Answer honestly to get the most benefit.

Assessment Questions

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

- Do you and your partner communicate openly and honestly about your thoughts and feelings?
- Do you feel your partner respects your opinions, even when you disagree?
- Do you trust your partner to be honest and reliable?
- Do you and your partner respect each other's need for personal space and individuality?
- When conflicts arise, do you and your partner tend to discuss issues calmly and seek solutions together?
- Do you feel emotionally safe and supported by your partner?
- Do you feel you can maintain your own interests and friendships outside the relationship?
- Does your partner generally support your personal goals and aspirations?
- Do you feel that decisions in the relationship are made fairly, with both partners having a voice?
- Do you and your partner share a similar outlook on important life values and future plans?

Score: Count the number of 'Yes' answers. This will help you understand your relationship's current health.



Your Results

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

SCORE: 0-3

Concerning

This score suggests significant areas needing attention. It is highly recommended to seek guidance from a relationship counselor.

SCORE: 4-6

Needs Attention

Your relationship shows some signs that could benefit from focused effort. Consider discussing these points with your partner.

SCORE: 7-8

Mostly Healthy

Your relationship is generally strong, but there might be small areas for improvement. Gentle conversations can enhance connection.

SCORE: 9-10

Very Healthy

This score indicates a very strong and healthy partnership. Continue nurturing the open communication and mutual respect you share.

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

DR. PRIYA'S TIP

After reviewing your results, initiate a gentle conversation with your partner about one area you both wish to strengthen. Focus on 'we' and 'us' to foster collaboration.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question did you find most challenging to answer 'Yes' to, and why?

2. What is one small step you and your partner could take together to improve communication?

3. How can you both better support each other's individual growth while strengthening the partnership?

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

Effective Communication Workshop

Learn practical tools to enhance dialogue with your partner.

₹499

2

Building Trust Together

A guide to strengthening reliability and security in your relationship.

₹299

3

Navigating Conflict Constructively

Develop skills for resolving disagreements peacefully and effectively.

₹399

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.



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



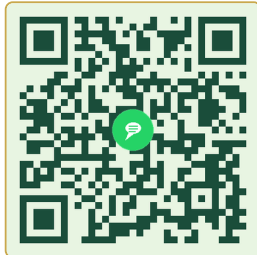
Free Assessments

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

WhatsApp: +91 99818 13224



**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– Dr. Priya Dubey Sharma

मनस् – Center for Mental Wellness & Counselling

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