



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Relationship Toxic?

10 warning signs to take seriously

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 Toxic?

This assessment helps you understand the health 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.

- Do you often feel controlled by your partner?
- Do you find yourself constantly walking on eggshells around your partner?
- Does your partner often question your reality or make you doubt your own memory?
- Has your partner tried to isolate you from friends and family?
- Do you frequently experience criticism or put-downs from your partner?
- Are you often afraid of your partner's reactions?
- Does your partner control your finances or access to money?
- Does your partner use emotional manipulation to get their way?
- Do you experience physical discomfort or unease when with your partner?
- Do you feel worse about yourself since you started this relationship?

Score: Count the number of 'Yes' answers to understand your score.



Your Results

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

SCORE: 0-3

Low Concern

Your relationship appears generally healthy. Continue nurturing open communication and mutual respect.

SCORE: 4-6

Mild Concern

Some areas in your relationship may need attention. Consider reflecting on these patterns and discussing them openly with your partner.

SCORE: 7-8

Moderate Concern

There are significant concerns in your relationship dynamics. It is advisable to seek support to navigate these challenges constructively.

SCORE: 9-10

High Concern

Your relationship shows signs of significant distress. Please reach out to a trusted friend, family member, or a professional for support and guidance.

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

DR. PRIYA'S TIP

If your score indicates concerns, remember that seeking support is a sign of strength, not weakness. Talking to a trusted professional can provide valuable tools and perspectives.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific behaviours from your partner make you feel controlled or unsafe?

2. How has this relationship impacted your self-esteem and your connections with others?

3. What are your immediate steps to foster a healthier dynamic or seek support?

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

Healthy Boundaries Workshop

Learn to establish and maintain healthy boundaries in relationships.

₹499

2

Communication Skills Booster

Enhance your ability to communicate effectively and assertively.

₹399

3

Self-Esteem Builder Guide

Rediscover and strengthen your sense of self-worth.

₹299

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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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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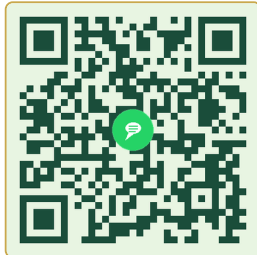
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**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– 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