



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is My Workplace Toxic?

10 questions to assess your work environment

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.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

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 Workplace Toxic?

This screener helps you assess the environment of your workplace. Answer honestly to get a clearer picture of your work setting.

Assessment Questions

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

- Do you fear making mistakes at work, worrying about negative consequences?
- Do you often feel like you are walking on eggshells around your manager?
- Do you feel safe to speak up with ideas or concerns without fear of negative repercussions?
- Have you experienced or witnessed bullying or harassment in your workplace?
- Are the expectations set for you at work unclear or frequently perceived as unfair?
- Do you feel that your contributions are sometimes taken credit for by others?
- Do you feel constantly monitored or surveilled in your work activities?
- Have you been asked to do things that go against your personal values?
- Do you receive adequate support from your workplace during times of personal hardship?
- Do you notice your physical or emotional well-being worsening on work days?

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

Healthy Environment

Your workplace seems supportive and safe. Continue fostering these positive aspects.

SCORE: 4-6

Some Red Flags

There are a few areas that might need attention. Consider exploring these further.

SCORE: 7-8

Concerning Patterns

Several aspects of your workplace environment may be causing distress. It would be beneficial to address these.

SCORE: 9-10

Toxic Environment

Your work environment appears to be significantly challenging and potentially harmful. Seeking support and exploring options for change is strongly advised.

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

DR. PRIYA'S TIP

Reflect on your results and consider discussing your concerns with a trusted colleague or HR representative, or explore external resources for support and guidance.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which questions resonated most with you, and why?

2. What specific changes, if any, could improve your work environment?

3. What is one small step you can take today to address your findings?

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 Journal

A guided journal to cultivate presence and reduce workplace stress.

₹199

2

Stress Resilience Workshop

Learn practical techniques to manage stress effectively.

₹99

3

Setting Boundaries Guide

Empower yourself to establish healthy boundaries at work and home.

₹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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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— 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