



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Religion Causing Me Anxiety?

10 questions about religious obsessions and compulsions

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.

“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 Religion Causing Me Anxiety?

This assessment helps you explore your relationship with religious practices and feelings. Please answer honestly.

Assessment Questions

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

- Do you find yourself performing religious rituals excessively to prevent perceived bad luck?
- Do you frequently worry about having sinned or committed sacrilege, even after seeking forgiveness?
- Do you experience intrusive, blasphemous thoughts during prayer or meditation that cause distress?
- Is there a strong need to perform religious acts in a precise, unvarying sequence?
- Do you fear that impure or unwanted thoughts have serious spiritual consequences?
- Do you often seek reassurance from religious authorities about your spiritual state or actions?
- Do you feel that current life difficulties are a form of punishment from a divine power?
- Is it difficult to distinguish between genuine religious devotion and the urge to perform repetitive actions?
- Do you experience significant guilt or distress after missing or deviating from religious rituals?
- Do you sometimes experience moments of genuine spiritual peace and connection, separate from ritualistic behavior?

Score: Count the number of 'Yes' answers to questions 1 through 9. Question 10 is reverse-scored (count 'No' as 1).



Your Results

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

SCORE: 0-3

Healthy Spiritual Practice

Your engagement with religious practices appears balanced and integrated into your life without causing significant distress.

SCORE: 4-6

Mild Religious Anxiety

You may be experiencing some worry related to religious duties, which could benefit from mindful attention and self-compassion.

SCORE: 7-8

Moderate Concern

There are signs of significant distress and compulsive behaviors related to religious practices; exploring these further may be helpful.

SCORE: 9-10

Significant Religious OCD Pattern

Your responses suggest a pattern where religious anxiety and rituals may be causing considerable distress and difficulty. Seeking support from a mental wellness professional can provide guidance and coping strategies.

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

DR. PRIYA'S TIP

If your score suggests significant worry, remember that faith and well-being can coexist; exploring gentle, compassionate approaches to your spiritual journey is a sign of strength.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What does 'spiritual peace' mean to you, beyond specific rituals?

2. How do your current religious practices affect your daily life and relationships?

3. Are there ways to explore your faith that feel more personally meaningful and less driven by fear?

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 Living Guide

Discover practical techniques for a calmer, more present life.

₹199

2

Stress Management Toolkit

Learn effective strategies to cope with everyday pressures.

₹99

3

Navigating Inner Conflict

Understand and resolve internal struggles with guided exercises.

₹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 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 | +91 99818 13224