



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Social Media Making Me Feel Worse About Myself?

10 questions about comparison, FOMO, and social media

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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.

“ I have seen people break free from addictions they carried for decades – not through willpower, but through understanding. When we change the story, the habit loses its grip.

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.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

"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."

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is Social Media Making Me Feel Worse About Myself?

This short screener helps you understand how social media use might be affecting your self-esteem. 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 worse about your own life after scrolling through social media feeds?
- Do you find yourself comparing your appearance, career, or relationships to others online and feeling inadequate?
- Do you experience 'Fear Of Missing Out' (FOMO) when you see posts about your peers' achievements or lifestyle?
- Do you feel like you are falling behind in life milestones compared to people you see online?
- Do you primarily use social media to seek validation for your life through likes and comments?
- Do you feel pressured to present an idealized or false version of your life online?
- Do you frequently believe that others' lives are significantly better than yours based on their social media posts?
- Do you feel anxious or stressed about your own online presence and how others perceive it?
- Even when you know social media is curated, do you still find yourself feeling negatively affected by others' posts?
- Do you feel that your self-worth is tied to your engagement or popularity on social media platforms?

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



Your Results

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

SCORE: 0-3

Healthy Use

Your social media use appears to be balanced and not significantly impacting your self-esteem. You're likely engaging with content in a way that supports your well-being.

SCORE: 4-6

Mild Impact

Social media might be causing some minor dips in your self-esteem. Consider being more mindful of the content you consume and how it makes you feel.

SCORE: 7-8

Moderate Impact

Social media seems to be having a noticeable effect on how you feel about yourself. It might be helpful to evaluate your usage patterns and the type of content you engage with.

SCORE: 9-10

Significant Negative Impact

Your social media habits appear to be strongly linked to lower self-esteem. It is highly recommended to seek support from a mental wellness professional to explore these feelings further.

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

DR. PRIYA'S TIP

It's important to remember that social media often shows a highlight reel, not the full story. Try curating your feed to include more uplifting content and consider taking intentional breaks.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific types of social media content tend to make you feel worse about yourself?

2. How could you adjust your social media feed or usage to promote a more positive self-image?

3. What offline activities bring you genuine joy and validation, independent of social media?

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

Learn practical techniques for staying present and reducing online distractions.

₹299

2

Building Resilience Toolkit

Develop coping strategies to navigate life's challenges with greater strength.

₹499

3

Digital Detox Plan

A step-by-step guide to reducing screen time and reclaiming your focus.

₹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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"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."

– 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