



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Trauma Affecting My Daily Life?

10 questions about the impact of past difficult experiences

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.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

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 Trauma Affecting My Daily Life?

This is a simple tool to help you reflect on how a difficult experience might be affecting your well-being. Please answer honestly.

Assessment Questions

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

- Have you had unwelcome, upsetting memories of the difficult experience?
- Have you found yourself acting or feeling as if the difficult experience were happening again?
- Have you been deliberately trying to avoid thoughts or feelings about the difficult experience?
- Have you been deliberately trying to avoid external reminders (people, places, conversations, activities, objects, places) that might remind you of the difficult experience?
- Have you been feeling jumpy or easily startled?
- Have you been feeling more irritable or having angry outbursts?
- Have you been having trouble concentrating?
- Have you found yourself feeling detached from others or emotionally numb?
- Have you had difficulty experiencing positive emotions like happiness or love?
- Have you felt permanently damaged or unable to recover from the experience?

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



Your Results

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

SCORE: 0-2

Minimal Impact

Your responses suggest the experience has had little impact on your daily life. Continue to focus on self-care and healthy coping strategies.

SCORE: 3-4

Mild Impact

Your responses indicate some effects from the experience. Consider exploring self-help resources or talking to a trusted friend about your feelings.

SCORE: 5-6

Moderate Impact

Your responses suggest the experience is causing noticeable difficulties. It may be helpful to speak with a mental wellness professional for support and guidance.

SCORE: 7-10

Significant Impact

Your responses indicate the experience is significantly impacting your well-being. Reaching out to a mental wellness professional is strongly recommended to navigate these challenges.

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

DR. PRIYA'S TIP

It is completely understandable to feel the effects of a difficult experience. Be gentle with yourself, and remember that seeking support is a sign of strength, not weakness.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these areas has been most challenging for you recently?

2. What is one small step you can take towards healing or coping?

3. Who is someone you trust that you could talk to about your experiences?

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 Guide

Learn simple techniques to calm your mind.

₹199

2

Building Resilience Workbook

Develop inner strength to face challenges.

₹299

3

Emotional Regulation Toolkit

Manage difficult feelings effectively.

₹249

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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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– 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