



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

What Early Maladaptive Schemas Might I Have?

10 questions about deep-seated patterns from childhood

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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.

“ 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.



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



What Early Maladaptive Schemas Might I Have?

This assessment helps you become aware of certain core beliefs you might hold. Understanding these can be the first step towards personal growth and well-being.

Assessment Questions

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

- Do you often worry that people you care about will leave you or abandon you?
- Do you tend to believe there is something fundamentally wrong or shameful about you?
- Do you often feel that others intend to hurt, exploit, or manipulate you?
- Do you frequently put others' needs far above your own, even to your own detriment?
- Do you feel that you are generally incompetent or incapable without significant help from others?
- Do you believe that expressing your needs, desires, or feelings will lead to criticism or punishment?
- Do you sometimes feel that you are special and that normal rules do not apply to you?
- Do you often push yourself to meet very high standards out of fear of failure rather than a desire for success?
- Do you often feel that your emotional needs were not met during childhood, or are not met now?
- Do you frequently feel like an outsider or excluded from social groups?

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



Your Results

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

SCORE: 0-3

Few Active Schemas

Your responses suggest that these particular core beliefs are not significantly active for you right now. Focus on maintaining your current positive outlook and self-awareness.

SCORE: 4-6

Mild Schema Patterns

Some of these core beliefs may be showing up mildly in your life. Gentle self-reflection can help you understand these patterns better and foster resilience.

SCORE: 7-8

Moderate Schema Patterns

These core beliefs appear to be moderately active, potentially influencing your thoughts and actions. Exploring these patterns with a trusted friend or professional could be beneficial.

SCORE: 9-10

Significant Schema Activity

Your answers indicate that these core beliefs are significantly active. Consider seeking support from a mental wellness professional to navigate these patterns and cultivate healthier perspectives.

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

DR. PRIYA'S TIP

Remember, awareness is the first step. If certain patterns feel overwhelming, reaching out for 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 core beliefs resonated most with you, and why do you think that is?

2. How do these beliefs, if active, impact your daily relationships and decisions?

3. What is one small step you can take this week to challenge a potentially unhelpful core belief?

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

Explore practical techniques for daily mindfulness and stress reduction.

₹199

2

Building Healthy Relationships

Learn strategies for fostering connection and effective communication.

₹299

3

Emotional Resilience Toolkit

Develop skills to navigate challenges and bounce back stronger.

₹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