

FREUD'S PSYCHOSEXUAL STAGES

(birth-1 yr)

This stage is all about exploring the world through the mouth. Babies find pleasure in sucking, chewing, and tasting. **If needs aren't met**, it can lead to habits like over-dependence, nail-biting, or being quick to anger.

(1 t o 3 years)

During potty training, children learn about control. If this stage goes well, they develop a healthy sense of order. But **frustration here can result in** being overly neat and controlling ("anal-retentive") or messy and disorganized.

(3 to 6 years)

It's all about sexual identity. Boys focus on the "Oedipus complex," and compete with Dad for Mom's affection, while girls go through the "Electra complex," desiring Dad's attention. **Unresolved feelings can lead** to jealousy or competitiveness.

(6 years to puberty)

Sexual instincts take a backseat as kids focus on learning, friendships, and exploring the world outside the family. **Frustration here can lead to** social anxiety & inferiority.

Puberty Onwards

Hormones kick in and mature sexual relationships become the focus. Successfully navigating this stage leads to healthy adult relationships. **Frustration can lead to** fear of intimacy and commitment.

Erikson's Psychosocial Stages

(birth to 1 year)

Babies learn to trust their caregivers when their needs are met. If they don't feel secure, it can lead to difficulty trusting others later in life.

(1-3 years)

Toddlers learn to do things on their own, Success builds confidence, but too much criticism can cause self-doubt.

(3-6 years)

Children start taking initiative by trying new things. If they feel supported, they gain a sense of purpose. If not, they may feel guilty and hesitant.

(5-12 years)

Children focus on learning and mastering skills. Success leads to a sense of competence, while failure can cause feelings of inferiority.

(adolescence)

Teens explore who they are and develop their identity. If they struggle to define themselves, they may feel confused about who they are.

(young adulthood)

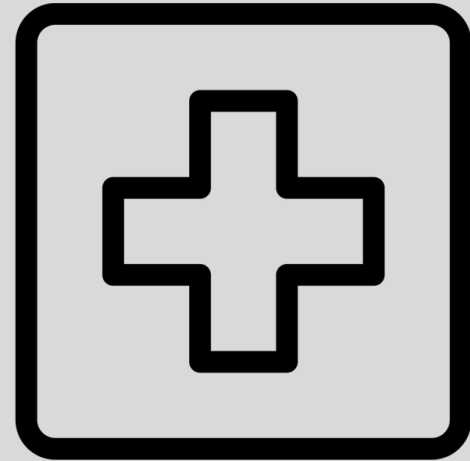
Young adults seek meaningful relationships. Without emotional connections, they may feel isolated or fear vulnerability.

(middle adulthood)

Adults focus on contributing to society, Success brings a sense of purpose, while feeling stuck leads to stagnation.

(late adulthood)

Reflecting on life with a sense of satisfaction brings peace. Regret or unresolved issues can lead to feelings of despair.



Lessons in Mental Health

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