

I'M STUCK

WORKSHEET



Lessons in Mental Health

Sigmund Freud and Erik Erikson both proposed that unresolved conflicts in specific stages of our development can leave us a bit "stuck" in certain behaviors or attitudes, shaping our lives.

In this "I'm Stuck Worksheet," your task is to match the scenarios with the corresponding stages of development.

Each scenario matches one specific stage. Reference your guided notes and fill in the blanks below with the name of the stage it corresponds with.

PART 1: FREUD'S PSYCHOSEXUAL STAGES:

Scenario 1: You often avoid social situations and prefer being alone. You feel awkward around others and worry about being judged.

Scenario 2: You struggle to form close relationships and jump from one friendship or relationship to another. You don't like opening up emotionally and fear commitment.

Scenario 3: You are very competitive and get jealous when others succeed. You sometimes act aggressively to get ahead.

Scenario 4: You have trouble making decisions and often rely on others to choose for you. You feel guilty if things go wrong.

Scenario 5: You are very organized and neat. You get stressed when things are messy or out of place.

PART 2: ERIKSON'S PSYCHOSOCIAL STAGES:

Scenario 6: You are trying out different friend groups and activities to figure out who you are, but you often feel unsure about your place or direction in life.

Scenario 7: You struggle with finding your place in the world, unsure of your career path or life goals. You feel lost and uncertain about your future direction and your goals. _____

Scenario 8: You have a hard time accepting getting older and regret some of the choices you made in life and wish you could do things over again.

Scenario 9: You are a perfectionist and often push yourself too hard. You focus so much on work that you ignore your personal life.

Scenario 10: You have trouble trusting people and forming close bonds. You are afraid of being vulnerable. You can be hesitant to express your emotions and build trust with others. _____

Scenario 11: Every time you make a decision, you obsess over the "what ifs?". Will I mess up? What if everyone laughs? You constantly doubt your ability.

Scenario 12: You're afraid of taking risks and trying new things, preferring to stick to your comfort zone and avoid challenges. You often feel isolated and miss out on new experiences. _____

Scenario 13: You constantly seek attention and approval from others. You sometimes cause drama to be noticed. _____



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