

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.

PART 1: FREUD'S PSYCHOSEXUAL STAGES:

Scenario 1: Scenario 1: You often avoid social situations and prefer being alone. You feel awkward around others and worry about being judged.. **Latency Stage (unresolved conflict: social anxiety and inferiority)**

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. **Genital Stage (unresolved conflict: fear of intimacy & commitment)**

Scenario 3: : You are very competitive and get jealous when others succeed. You sometimes act aggressively to get ahead. **Phallic Stage (unresolved conflict: Oedipus complex)**

Scenario 4: You have trouble making decisions and often rely on others to choose for you. You feel guilty if things go wrong.. **Oral Stage (unresolved conflict: dependence on others)**

Scenario 5: You are very organized and neat. You get stressed when things are messy or out of place. **Anal Stage (unresolved conflict: perfectionism and control)**

PART 2: ERIKSON'S PSYCHOSOCIAL STAGES:

Scenario 6: You are trying out friend groups and activities to figure out who you are, but you often feel unsure about your place or direction in life. **Identity vs. Role Confusion (experimenting with roles but lacking a sense of self)**

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. **Initiative vs. Guilt (uncertainty about goals and direction in life)**

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. **Integrity vs. Despair (struggling with acceptance of mortality and life's choices)**

Scenario 9: You are a perfectionist and often push yourself too hard. You focus so much on work that you ignore your personal life. **Generativity vs. Stagnation (feeling unproductive and lacking purpose)**

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. **Intimacy vs. Isolation (avoiding vulnerability and emotional connection)**

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. **Autonomy vs. Shame and Doubt (Self-Doubt and Insecurity in doing things on your own)**

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. **Industry vs. Inferiority (fear of challenge and failure)**

Scenario 13: You constantly seek attention and approval from others. You sometimes cause drama to be noticed **Trust vs. Mistrust (lack of trust and validation from caregivers)**