



Personality

THEORISTS & THEORIES



Lessons in Mental Health

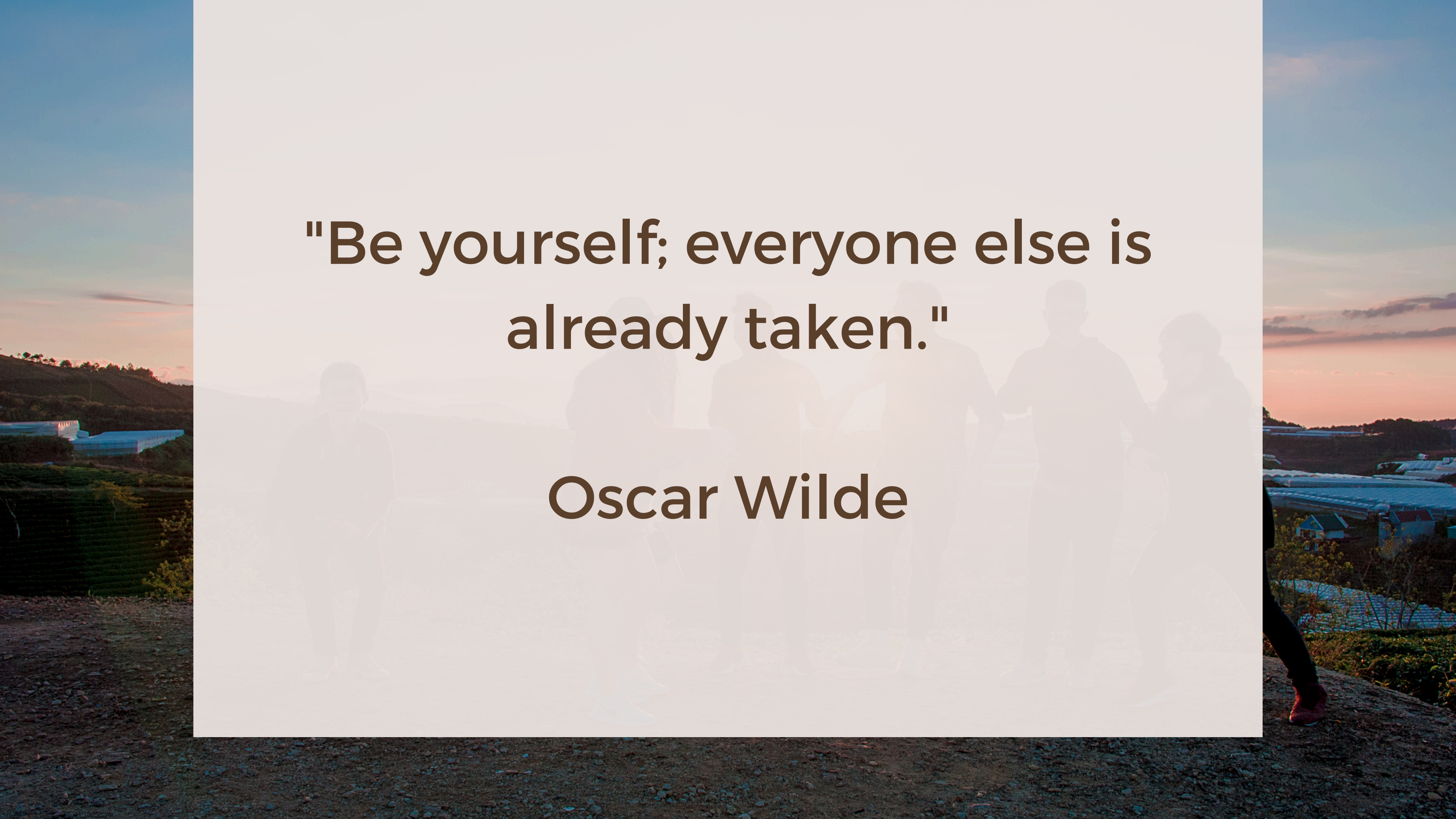


Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.
- Link: [Personality Theories and Theorists](#)
- Link: [Guided Notes Theories and Theorists](#)
- PDF: [Guided Notes Theories and Theorists](#)
- Link: [Partner Activity Template](#)
- Link: [I'm Stuck Activity Worksheet](#)
- PDF: [I'm Stuck Activity Worksheet](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.

**FILL OUT THE PROVIDED
GUIDED NOTES FOR THIS
PRESENTATION.**



A group of people are standing on a hill, looking out over a landscape at sunset. The sky is a mix of orange, pink, and blue. In the background, there are some buildings and a body of water. The people are silhouetted against the bright sky. A large white rectangle is overlaid on the image, containing the text.

**"Be yourself; everyone else is
already taken."**

Oscar Wilde

PERSONALITY

Personality refers to the unique set of characteristics, traits, behaviors, and patterns of thinking that define an individual and distinguish them from others.

It encompasses how we perceive, interact with, and respond to the world around us.



WHAT MAKES YOU WHO YOU ARE?

It's a question that has puzzled scientists, psychologists, and philosophers for centuries.

Is our genetic makeup the blueprint of our DNA that determines who we are?

Or is it the environment we grow up in and our experiences that shape our personalities?



NATURE VS NURTURE

Research shows that both our genes (nature) and the environment we grow up in (nurture) work together to shape our personalities.

It's not just one or the other; it's a mix of both.

Our genes provide a starting point, but our experiences and surroundings also have a significant impact.



PERSONALITY THEORIES

"Imagine personality as a puzzle, with nature and nurture as its pieces.

Nature gives us the foundation, our biological blueprint, while nurture adds the colors and shapes through our experiences."

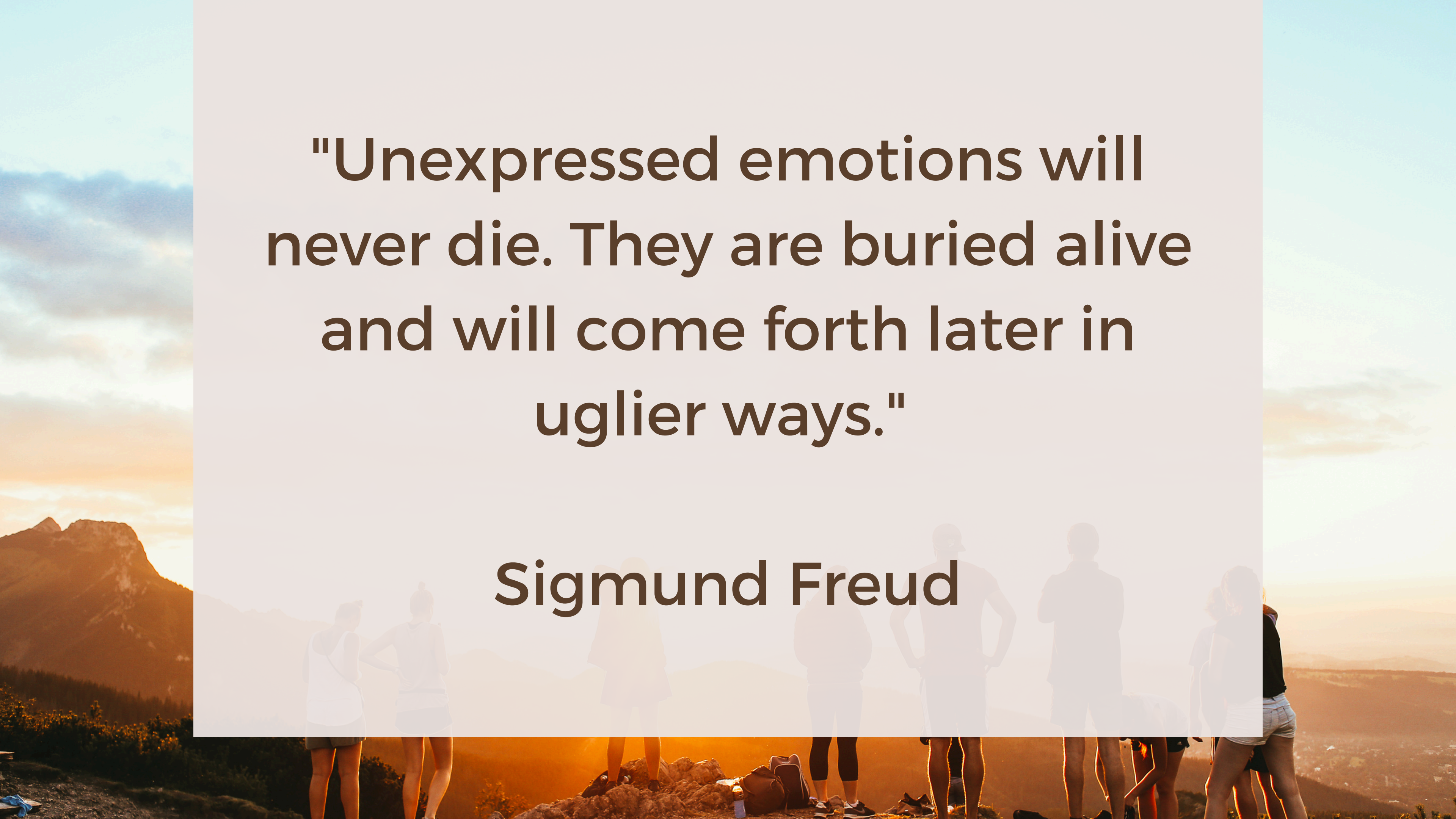
FREUD & ERIKSON

Two prominent theories have shaped our understanding of personality:

- Freud's Psychosexual Theory
- Erik Erikson's Psychosocial Theory

Both theories recognize the role of nature (genetics) and nurture (environment) in shaping personality.



A group of people are standing on a mountain peak, looking out over a vast valley at sunset. The sky is filled with soft, golden light, and the mountains in the distance are silhouetted against the bright horizon. The people are standing on a rocky outcrop, and their shadows are cast on the ground. The overall mood is peaceful and contemplative.

**"Unexpressed emotions will
never die. They are buried alive
and will come forth later in
uglier ways."**

Sigmund Freud

Freud's Psychosexual Theory proposes that personality development occurs through a series of psychosexual stages, each associated with a different focus on pleasure and potential conflicts.

According to Freud, unresolved conflicts in these stages can impact an individual's personality in adulthood and lead to fixations.

SIGMUND FREUD'S PSYCHOSEXUAL THEORY

1856-1939



FREUD'S PSYCHOSEXUAL STAGES

ORAL STAGE (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.

ANAL STAGE (1 TO 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.

PHALLIC STAGE (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.

LATENCY STAGE (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.

GENITAL STAGE (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.


ANAL RETENTIVE & ORAL FIXATION



Although Freud's psychosexual theory isn't widely used today, some of his terms are still common.

'Oral fixation,' from the oral stage, describes someone stuck in this phase, leading to habits like nail-biting or pencil-chewing.

'Anal-retentive,' from the anal stage refers to someone who is overly organized or controlling.

A young girl in a white shirt and blue shorts is running outdoors, her arms outstretched. In the background, another child in a blue dress is also running. The scene is set in a lush, green environment with trees and foliage. A semi-transparent white box is overlaid on the image, containing the quote and the name Erik Erikson.

**"Children love and want to be
loved, and they very much
prefer the joy of
accomplishment to the
triumph of hateful failure."**

Erik Erikson

Erik Erikson built upon Freud's psychoanalytic theory. He focused on social and emotional development throughout the lifespan, not just early childhood.

Erikson believed we face eight psychosocial challenges or "crises" at different stages, and how we resolve these challenges shapes our personality and well-being.

He emphasized the importance of social interaction and relationships in shaping who we become.

ERIK ERIKSON

PSYCHOSOCIAL

THEORY 1902-1997



Erikson's Psychosocial Stages

Trust vs. Mistrust (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.

Autonomy vs. Shame and Doubt (1-3 years)

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

Initiative vs. Guilt (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.

Industry vs. Inferiority (5-12 years)

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

Identity vs. Role Confusion (adolescence)

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

Intimacy vs. Isolation (young adulthood)

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

Generativity vs. Stagnation (middle adulthood)

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

Integrity vs. Despair (late adulthood)

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

Freud's Psychosexual Theory

- Focuses on early childhood experiences and their impact on adult personality.
- Proposes five psychosexual stages with specific erogenous zones and conflicts to resolve.
- Behavior is driven by **internal** unconscious urges (primarily sexual and aggressive) that influence personality development.

Erikson's Psychosocial Theory

- Explores social and emotional development throughout the lifespan.
- Identifies eight psychosocial challenges or "crises" faced at different stages, each with tasks to achieve.
- Behavior is shaped by **external** social interactions and the way we resolve conflicts at different life stages.

PARTNER CANVA ACTIVITY



PARTNER CANVA ACTIVITY



- Open this linked template.
- For each stage of Freud's psychosexual theory and Erikson's psychosocial theory, find a relevant picture, symbol, or graphic that represents the key idea of that stage.
- Use Canva's image library. Do not source from the web.
- Be prepared to discuss your choice of images as a class.

PERSONALITY THEORIES WORKSHEET ACTIVITY



I'M STUCK ACTIVITY WORKSHEET



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. Use your guided notes to fill in the blanks with the name of each stage the scenario corresponds to.

Canva Partner Activity

Create your Partner Activity using the Canva template linked.

Turn in as a “Canva for Education Submission” or as a PDF Standard file upload.

Worksheet Activity

Turn in your physical worksheets.

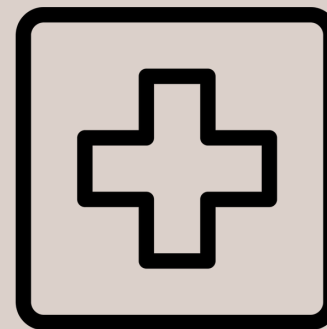
TURNING IN YOUR ASSIGNMENTS



LEAD WITH COMPASSION, EDUCATE WITH PURPOSE.

Until our next lesson

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