



Introduction (10 minutes)

Welcome to this educational worksheet on analyzing the oral and anal stages through case studies and group discussions. Read the introduction and answer the following questions:

1. What are the primary characteristics of the oral stage, and how does it influence personality development?

2. How does the oral stage relate to adult behaviors and relationships?

Section 1: Understanding the Oral Stage (20 minutes)

Analyze the following case study and answer the questions that follow:

A 25-year-old individual exhibits excessive dependence on others and has difficulty making decisions. They often seek constant reassurance and validation from their peers.

1. Which psychosexual stage is most relevant to this individual's behavior, and why?

2. How might this individual's experiences during the oral stage have contributed to their current behavior?

Section 2: Exploring the Anal Stage (25 minutes)

Examine the following case study and answer the questions that follow:

A 28-year-old individual is extremely neat and orderly, spending hours each day ensuring their living space is immaculate. They become anxious if anything is out of place and are often stubborn and resistant to change.

1. Which psychosexual stage is most relevant to this individual's behavior, and why?

2. How might this individual's experiences during the anal stage have contributed to their current behavior?

Group Discussion (20 minutes)

Group Task:

Divide into small groups and discuss the following questions:

1. How do the oral and anal stages influence adult behaviors and relationships?

2. What are the potential consequences of unresolved issues during these stages, and how can they be addressed?

Section 3: Case Study Analysis (25 minutes)

Read the following case study and answer the questions that follow:

Emily, a 25-year-old marketing executive, is extremely neat and orderly. She spends hours each day ensuring her apartment is immaculate and becomes anxious if anything is out of place. Emily's friends have noticed that she can be quite stubborn and resistant to change.

1. Which psychosexual stage is most relevant to Emily's behavior, and why?

2. How might Emily's experiences during the anal stage have contributed to her current behavior?

Reflection and Application (15 minutes)

Individual Reflection:

1. Reflect on what you have learned about the oral and anal stages. How can you apply this knowledge in real-life scenarios?

2. Consider a situation where you observed behaviors associated with the oral or anal stage. How did you respond, and what would you do differently in the future?

Conclusion (10 minutes)

In conclusion, analyzing the oral and anal stages through case studies and group discussions provides a comprehensive understanding of the foundational concepts in psychoanalytic theory.

By engaging with real-life scenarios and participating in thoughtful discussions, students can deepen their understanding of how early childhood experiences influence psychological development and adult behaviors.

Assessment

This worksheet is designed to assess students' understanding of the oral and anal stages, their ability to analyze case studies, and their participation in group discussions.

The assessment criteria include:

- Depth of understanding of the oral and anal stages
- Ability to apply psychoanalytic theory to real-life scenarios
- Quality of participation in group discussions
- Clarity and coherence of written reflections and analyses

Extension Activity

Choose a character from a novel, movie, or TV series and analyze their behaviors and traits in relation to the oral and anal stages.

Write a detailed analysis explaining how the character's experiences during these stages might have influenced their development and behaviors as depicted in the story.

[Space for extension activity]

