



Introduction

Welcome to this worksheet on Freud's Psychosexual Stages of Development and their Application in Adult Life. This worksheet is designed to help you understand the five psychosexual stages of development, their characteristics, and how they impact adult relationships, career choices, and overall well-being.

Understanding the Psychosexual Stages

Read the following descriptions of the five psychosexual stages and match them with the correct stage:

1. Oral Stage: _____
2. Anal Stage: _____
3. Phallic Stage: _____
4. Latency Stage: _____
5. Genital Stage: _____

Answers:

1. Oral Stage: The stage where the mouth is the primary source of pleasure (0-1 year)
2. Anal Stage: The stage where the anus is the primary source of pleasure (1-3 years)
3. Phallic Stage: The stage where the genitals are the primary source of pleasure (3-6 years)
4. Latency Stage: The stage where sexual feelings are repressed (6 years-puberty)
5. Genital Stage: The stage where the genitals are the primary source of pleasure (puberty-adulthood)

Case Study Analysis

Read the following case study and answer the questions:

Sarah is a 25-year-old marketing executive who is struggling to form meaningful relationships. She has a tendency to be overly critical and perfectionistic, which often leads to conflicts with her partners.

1. Which psychosexual stage do you think Sarah may be fixated in? Why?

2. How do you think Sarah's fixation in this stage is impacting her relationships?

3. What advice would you give Sarah to help her overcome her fixation and form healthier relationships?

Reflective Journaling

Reflect on your own experiences and write about the following:

1. Which psychosexual stage do you think you are currently in? Why?

2. How do you think your experiences in each stage have shaped your adult personality and behavior?

3. What are some strengths and weaknesses you have developed as a result of your experiences in each stage?

Group Discussion

Discuss the following questions in small groups:

1. How do you think the psychosexual stages impact adult relationships?
2. What are some common characteristics of individuals who are fixated in each stage?
3. How can awareness of the psychosexual stages help individuals improve their relationships and overall well-being?

Defense Mechanisms

Read the following descriptions of defense mechanisms and match them with the correct mechanism:

1. Repression: _____
2. Denial: _____
3. Projection: _____
4. Displacement: _____
5. Sublimation: _____

Answers:

1. Repression: The act of pushing uncomfortable thoughts or memories into the unconscious mind
2. Denial: The act of refusing to acknowledge or accept reality
3. Projection: The act of attributing one's own thoughts or feelings to someone else
4. Displacement: The act of redirecting emotions or impulses from an original source to a more acceptable one
5. Sublimation: The act of channeling unacceptable impulses into more acceptable behaviors

Applying the Knowledge

Read the following scenarios and answer the questions:

John is a 30-year-old entrepreneur who is struggling to manage his stress and anxiety. He often finds himself lashing out at his employees and family members.

Emily is a 28-year-old artist who is struggling to form meaningful relationships. She has a tendency to be overly critical and perfectionistic, which often leads to conflicts with her partners.

1. Which psychosexual stage do you think John may be fixated in? Why?

2. How do you think Emily's fixation in a particular stage is impacting her relationships?

3. What advice would you give John and Emily to help them overcome their fixations and improve their relationships and overall well-being?

Creative Project

Create a creative project that illustrates one of the psychosexual stages. This can be a poem, short story, or piece of art.

[Space for creative work]

Reflective Journaling

Reflect on what you have learned about the psychosexual stages and their application in adult life. Write about the following:

1. What are some key takeaways from this worksheet?

2. How do you think the psychosexual stages will impact your own relationships and overall well-being?

3. What are some strategies you can use to apply the knowledge of the psychosexual stages in your own life?

Conclusion

Congratulations on completing this worksheet on Freud's Psychosexual Stages of Development and their Application in Adult Life! We hope you have gained a deeper understanding of the five psychosexual stages, their characteristics, and how they impact adult relationships, career choices, and overall well-being. Remember to apply the knowledge of the psychosexual stages in your own life to improve your relationships and overall well-being.

