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| Erikson Stages of Psychosocial development Chart |
| |  |  |  |  | | --- | --- | --- | --- | | **Stage** | **Basic Conflict/ Challenge** | **Important Events** | **Outcome** | | **Infancy (birth to 18 months)** | Trust vs. Mistrust | Feeding, routine, bonding with parents | Children develop a sense of trust when caregivers provide reliability, care, and affection. Easier to form close relationships when trusting. A lack of care will lead to mistrust. May be difficult to form relationships when lacking trust. | | **Early Childhood (2 / 3 yrs)** | Autonomy vs. Shame and Doubt | Toilet training,  self-care | Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feelings of autonomy, failure results in feelings of shame and doubting one’s own capabilities. | | **Preschool (3 to 5 years)** | Initiative vs. Guilt | Exploration | Children need to begin asserting control and power over the environment. Success in this stage leads to a sense of purpose and will power. Children who try to exert too much power experience disapproval and/or may often get into trouble, resulting in a sense of guilt and frustration. Children who are not given some power to explore feel helpless. | | **School Age (6 to 11 years)** | Industry vs. Inferiority | School: academics, social life | Children need to cope with new social and academic demands. Students must realize what they are good at and accept their limitations (can’t be good at everything). Success leads to a sense of competence, while failure results in feelings of inferiority. | | **Adolescence (12 to 18 years)** | Identity vs. Role Confusion | Virtues and values formation, sexual decision-making | Success leads to an ability to stay true to one’s self and to feel a sense of purpose, while failure leads to confusion and feeling lost. Exploring unhealthy identities can lead to an unhealthy lifestyle. | | **Young Adulthood (19 to 40 years)** | Intimacy vs. Isolation | Intimate Relationships, close friendships, finding a partner | Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation. Without a strong identity (that should have been formed in last stage), a person may prefer isolation to avoid having their weak identity overwhelmed or because they feel they have no deeper self to offer to another. | | **Middle Adulthood (40 to 65 years)** | Generativity vs. Stagnation | Work and Parenthood | Adults need to create or nurture things that will outlast them, often by having children, meaningful work, or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world. Some people may experience a mid-life crisis if they feel that their life lacks meaning. | | **Maturity(65 to death)** | Ego Integrity vs. Despair | Reflection on Life | Older adults need to look back on life and feel a sense of fulfillment. Usually this involves knowing they have established loving relationships, learned from mistakes, and lead a virtuous life. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair. | |