

Erik Erikson: Eight Stages of Development

Term Age	Ego Development Outcome	Basic Strengths	Key Points
Infancy Birth to 18 months	Trust vs. Mistrust	Drive and Hope	-Success in this stage teaches basic trust and confidence in life, in the future, and in other people -If our needs are not consistently met, we may end up with general feelings of worthlessness and a mistrust of the world and others
Early Childhood 19 months – 3 years	Autonomy vs. Shame	Self- control, courage, and will	-Children learn to master skills on their own -Learn to walk, talk and feel themselves as well as fine motor development and toilet training -Success in the stage builds self-esteem and autonomy -Failure in the process of learning these skills causes shame and doubt which results in lower self-esteem
Play Age 3-5 years	Initiative vs. Guilt	Purpose	-Children experience a desire to copy the adults and take initiative in creating play situations -If they become frustrated over natural desires and goals, they experience guilt
School Age 6-12 years	Industry vs. Inferiority	Method and Compete nce	-Capable of learning, creating, and accomplishing numerous new skills and knowledge which gives them a sense of industry -Very social stage -If they experience unresolved feelings of inadequacy and inferiority among peers they can have problems with competence and self-esteem

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Adolescence 12-18 years	Identify vs. Role Confusion	Devotion and Fidelity	<ul style="list-style-type: none"> -Up to this point development depends mostly on what is done to us -Now, development depends more on what we do -The task of this stage is to discover who we are as individuals separate from our family and as members of a wider society -Failure in this stage results in role confusion
Young Adulthood 18-35 years	Intimacy and Solidarity	Affiliation and Love	<ul style="list-style-type: none"> -Try to find mutually satisfying relationships, primarily through marriage and friends -Usually begin to start a family -If we are successful at these tasks, we experience deep intimacy. -If we are unsuccessful, isolation and distance from others results
Middle Adulthood 35-55 or 65 years	Generativity vs. Self absorption or Stagnation	Production and Care	<ul style="list-style-type: none"> -Transmit culture through the family and to establish a stable environment -Strength comes from caring for others and producing something that contributes to society (generativity) -Fear inactivity and meaninglessness -Failure at this stage leads to self-absorption and stagnation
Late Adulthood 55 or 65 – Death	Integrity vs. Despair	Wisdom	<ul style="list-style-type: none"> -Older adults often look back on their lives with happiness and feel fulfilled that life is meaningful and they have contributed to life (integrity) -Strength comes from the wisdom that the world is large and we accept death as the completion of life -Some adults in this stage despair at their experiences and perceived failures -Fear death as they struggle to find a purpose to their lives.

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