

Erikson's Psychosocial Stages

Stage	Basic Conflict	Important Events	Outcome
Infancy (birth to 18 months)	Trust vs. Mistrust	Feeding	Children develop a sense of trust when caregivers provide reliability, care, and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3 years)	Autonomy vs. Shame and Doubt	Toilet Training	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 doubt.
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. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11 years)	Industry vs. Inferiority	School	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.
Adolescence (12 to 18 years)	Identity vs. Role Confusion	Social Relationships	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adulthood (19 to 40 years)	Intimacy vs. Isolation	Relationships	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
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 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.
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. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.

Past Self

- When you look back on your childhood and very early years how do you believe you felt most of the time? Circle one of the following, or add your own descriptors. Discuss why you choose that one.

happy, sad, in conflict, at peace, secure, insecure, angry, confused, loved, successful, responsible, afraid.

- Tell a story about an important event in your childhood. This should be something you vividly remember or something you were told about yourself and enjoy remembering.

3. Circle what you believe was your resolution at each of the psychosocial stages below and then give a reason for your choice:

AGE	STAGE	WHY?
0 - 1	Trust vs. Mistrust	
1 - 3	Autonomy vs. Self-doubt	
3 - 6	Initiative vs. Guilt	
6 - 12	Industry vs. Inferiority	

4. What new insight do you have into your own development?

Present Self

5. What activities currently are of the greatest interest to you? (Example: friends, work, music, hobbies, family gatherings, religious activities, sports, school, etc.) Write a brief sentence explaining each choice.

6. How do you feel most of the time? (busy, overwhelmed, angry, peaceful, confused, happy, competent, tense, etc.) List all that apply and write a brief explanation.

7. What is most important to you in your life right now? What do you value?
8. If you are in Erikson's "**Identity vs. Role Confusion**" stage:
How are you doing with this struggle? If you have passed that stage, how did it go? What stage are you in, and how are you doing? Explain.
9. Briefly discuss your intimate (close) relationships with friends, relatives, and the opposite sex?
Are these relationships satisfying? **Intimacy vs. Isolation**
10. How might fear of rejection or feelings from unresolved early conflicts get in the way of letting people get to know the real you?

Future Self

11. What are your fondest future dreams (could be regarding work, love, friendship, community, religion, children, marriage, personal achievement, wealth, material possessions, etc.). In other words, how do you envision your future life?

12. In what ways would you like your life to be like your parents and/or grandparents' lives, and in what ways would you like your own life to be different from theirs?

13. How do you hope to handle each of Erikson's last two stages?

Generatively vs. Self absorption?

Integrity vs. Despair?