

Erik Erikson's Eight Stages of Life

Stage	challenge	favorable outcome	unfavorable outcome
<u>Childhood</u>			
1 st year of life	Trust vs. Mistrust	I can trust the world; I matter	Suspicion, insecurity
2 nd year of life	Autonomy vs. Doubt	It's okay to be me; sense of Self control and adequacy	It's not okay to be me Feelings of shame & Self doubt
3-5 years	Initiative vs. Guilt	self starter; I am okay to Do, move and act	sense of guilt & inadequacy on one's own
6 yrs.–puberty	Industry vs. Inferiority	Understands how things work And how to organize self, and Things in the world	Sense of inferiority at under- standing and organizing
<u>Transition years</u>			
Adolescence	Identity vs. Confusion	Sees self as unique and Integrated person	Confusion over who one is and can be
<u>Adulthood</u>			
Early Adulthood	Intimacy vs. Isolation	Able to make commit- ments to others & love	Inability to form affectionate relationships; I cannot love
Middle Age	Generativity vs. self-absorp tion	Concern for family & society in general; I can make a life that counts	Concern only for one self and one's well-being; I cannot make a life that counts
Aging Years	Integrity vs.	A sense of integrity	Dissatisfaction with life;

Despair

and fulfillment; death okay

fear of dying