



Erikson's Psychosocial Stages Summary Chart



| Stage | Basic Conflict | Important Events | Key Questions to be answered | Outcome |
|-----------------------------|------------------------------|--------------------------------|--|---|
| Infancy (0 to 18 months) | Trust vs. Mistrust | Feeding/ Comfort | Is my world safe? | 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) | Autonomy vs. Shame and Doubt | Toilet Training/ Dressing | Can I do things by myself or need I always rely on others? | Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feeling of autonomy, failure results in feelings of shame and doubt. |
| Preschool (3 to 5) | Initiative vs. Guilt | Exploration/ Play | Am I good or bad? | Children need to begin asserting control and power over the environment. Success in this state 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) | Industry vs. Inferiority | School/ Activities | How can I be good? | Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feeling of inferiority. |
| Adolescence (12 to 18) | Identity vs. Role Confusion | Social Relationships/ Identity | Who am I and where am I going? | 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 Adult (19 to 40) | Intimacy vs. Isolation | Intimate Relationships | Am I loved and wanted? | 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) | Generativity vs. Stagnation | Work and Parenthood | Will I provide something of real value? | 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 Identity vs. Despair | Reflection on life | Have I lived a full life? | Older adults need to look back on life and feel a sense of fulfillment. Success at this state leads to a feeling of wisdom, while failure results in regret, bitterness, and despair. |