

Erik Erikson's Eight Stages of Development

Stage (age)	Psycho-social dialectic	Primary activity	Significant Relationships	Favorable Outcome
0 to 1	Trust vs. Mistrust	Consistent stable care from parents	Main care-giver	Trust and optimism
2 to 3	Autonomy vs. Doubt	Consistent stable care from parents	Parents	Sense of autonomy and self-esteem
4 to 5	Initiative vs. Guilt	Environmental exploration	Basic family	Self-direction and purpose
6 to puberty	Industry vs. Inferiority	Knowledge acquisition	Family, neighbors, and school	Sense of competence and achievement
Adolescence	Identity vs. Confusion	Coherent vocation and personality	Peers, in- and out-groups	Integrated self-image
Early adulthood	Intimacy vs. Isolation	Deep and lasting relationships	Friends and lovers; competition and cooperation	ability to experience love and commitment
Middle adulthood	Generativity vs. Self-absorption	Productive and creative engagement in society	Divided labor and shared household responsibilities	Concern for family, society and future generations
Late adulthood	Integrity vs. Despair	Life review and evaluation	Humankind and extended family	Sense of satisfaction; acceptance of death