

## EIGHT STAGES OF LIFE

### *Eric Erikson's Crises of Development*

Years	Love Supplies	Love Substitutes	Results from Having Real-Self Parents
Infancy 0-1	TRUST	<i>MISTRUST</i>	Learn to trust based on experience of needs met. Enmeshment with mother.
Toddler 2-3	AUTONOMY	<i>DOUBT</i>	Learn to exercise will. Make choices/mistakes. Seek independence-- "No! Mine!"
Preschool 3-5	INITIATIVE	<i>GUILT</i>	Learn from play. Make decisions and accept results. Acquire direction and purpose on their own.
School 6-12	COMPETENCE	<i>INFERIORITY</i>	Develop sense of industry: curious, capable, confident, adequate, smart.
Adolescence 12-18	IDENTITY	<i>ROLE CONFUSION</i>	Discovery of self. Come to see self as unique and integrated--male, female. Make career choices
Early adulthood 18-40	INTIMACY	<i>ISOLATION</i>	Fall in love. Commit to another person, marriage and children
Middle adulthood 40-60	CREATIVE	<i>SELFISH</i>	Crossroads of life and time for reevaluation. Create your own happiness.
Late adulthood 60+	INTEGRITY	<i>DESPAIR</i>	Adjust to retirement. Maintain outside interests, joy, thankfulness.