

Stages of Development

Based off Erikson's Stages of Development

Age: 0-2 - Hope

Task: Trust vs. Mistrust - **Question:** Can I trust the world?

Important Relationship: Mother - **Examples:** feeding, abandonment

Age: 2-4 - Will

Task: Autonomy vs Shame and Doubt - **Question:** Is it okay to be me?

Important Relationship: Parents - **Examples:** toilet training, clothing self

Age: 4-5 - Purpose

Task: Initiative vs Guilt - **Question:** Is it okay for me to do, move, and act?

Important Relationships: Family - **Examples:** feeding, abandonment

Age: 5-12 - Competence

Task: Industry vs Inferiority - **Question:** Can I make it in the world of people and things?

Important Relationships: Neighbors, School - **Examples:** school, sports

Age: 13-19 - Fidelity

Task: Identity vs Role Confusion - **Question:** Who am I? What can I be?

Important Relationships: Peers, Role Models - **Examples:** social relationships

Age: 20-39 - Love

Task: Intimacy vs Isolation - **Question:** Can I love?

Important Relationships: friends, partners - **Examples:** romantic relationships

Age: 40-64 - Care

Task: Generativity vs Stagnation - **Question:** Can I make my life count?

Important Relationships: household, workmates - **Examples:** work, parenthood

Age: 65-death - Wisdom

Task: Ego Integrity vs Despair - **Question:** Is it okay to have been me?

Important Relationships: mankind, my kind - **Examples:** reflection on life
