

# Erik Erikson – Psychosocial Development

Erikson said people grow in **8 life stages**.

Each stage has a **challenge (conflict)** we must deal with.

How we solve each stage helps shape our personality and identity.

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## Stage 1: Trust vs. Mistrust (Baby)

- Babies learn if the world is safe or not
  - If cared for → they learn **trust**
  - If not cared for → they feel **fear / mistrust**
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## Stage 2: Autonomy vs. Shame (Toddler)

- Children learn to do things alone
  - Example: eating, dressing
  - Success → **confidence**
  - Failure → **shame**
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## Stage 3: Initiative vs. Guilt (Preschool)

- Children start doing things on their own
  - They explore and try new things
  - Success → **leadership / confidence**
  - Failure → **guilt**
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## Stage 4: Industry vs. Inferiority (School age)

- Children learn school skills
  - They compare themselves to others
  - Success → **pride / confidence**
  - Failure → **feel not good enough**
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## Stage 5: Identity vs. Role Confusion (Teenagers)

- Teenagers try to find out who they are
  - They explore goals, values, and identity
  - Success → **strong identity**
  - Failure → **confused about self**
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## Stage 6: Intimacy vs. Isolation (Young adults)

- Adults build close relationships
  - Success → **strong relationships**
  - Failure → **loneliness**
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## Stage 7: Generativity vs. Stagnation (Middle age)

- Adults focus on work and helping others
  - Success → **feeling useful / productive**
  - Failure → **feeling stuck**
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## Stage 8: Integrity vs. Despair (Old age)

- People look back on life
  - Success → **feeling proud and satisfied**
  - Failure → **regret and sadness**
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## Main Idea

- Life is a **step-by-step growth process**
- Each stage builds your **identity and personality**
- If you solve each stage well → healthy development