

Erik Erikson and the Stages of Psycho-Social Development

Erik Erikson was a very influential German psychologist and psychoanalyst known for his theory of human development that explored the development of identity over eight stages of life from birth to death. Each stage is concerned with a particular conflict that must be resolved and a particular event or issue around which this conflict resolves itself. The following chart outlines the various stages:

Stage	Age Range	Conflict	Event/Issue
1	birth to one year old	trust versus mistrust	feeding
2	one to three years old	autonomy versus doubt	toilet training
3	three to six years old	initiative versus inadequacy	independence
4	six to twelve years old	industry versus inferiority	school
5	twelve to eighteen years old	identity versus confusion	peer relationships
6	eighteen to forty years old	intimacy versus isolation	love relationships
7	forty to sixty-five years old	productivity versus stagnation	parenting
8	sixty-five years old until death	integrity versus despair	acceptance of one's life