

## Erik Erikson's framework for human psycho social development

Erikson proposed a way of understanding the tasks and challenges of each stage of life based on eight stages. He identifies the important events and tasks for each stage and their possible outcomes, both healthy and unhealthy.

Further information about this model can be found online or in the following books:

Moore, Alison *The Puzzle of Pastoral Care.* (Stowmarket: Kevin Mayhew Ltd, 2019)

Sugarman, Leonie *Life-Span Development: Frameworks, Accounts and Strategies.* 2<sup>nd</sup> edn (Hove: Psychology Press, 2001)

Stage and Age	Event Description	Positive outcome	Negative outcome
Stage 1: 0-1 yrs	Babies learn to trust that their parents will meet their basic needs. If a child's basic needs aren't properly met at this age, he or she might grow up with a general mistrust of the world.	Hope & Trust	Mistrust
Stage 2: 2-3 yrs	Children begin to develop independence and start to learn that they can do some things on their own (such as going to the toilet). If a child is not encouraged properly at this age, he or she might develop shame and doubt about their abilities.	Will & Autonomy	Shame & Doubt
Stage 3: 4-6 yrs	Children continue to develop more independence and start to do things of their own initiative. If a child is not able to take initiative and succeed at appropriate tasks, he or she might develop guilt over their needs and desires.	Purpose & Initiative	Guilt
Stage 4: 7-12 yrs	Throughout their school years, children continue to develop self-confidence through learning new things. If they are not encouraged and praised properly at this age, they may develop an inferiority complex.	Competence & Industry	Inferiority & Failure

Stage 5: 13-19 yrs	When they reach the teenage years, young people start to care about how they appear to others. They start forming their own identity by experimenting with who they are. If a teenager is unable to properly develop an identity at this age, his or her role confusion will probably continue on into adulthood.	Fidelity & Identity	Role Confusion
Stage 6: 20-34 yrs	During early adulthood most people fall in love, get married and start building their own family. If a person is unable to develop intimacy with others at this age (whether through marriage, partnership or close friendships), they will probably develop feelings of isolation.	Love & Intimacy	Isolation
Stage 7: 35-65 yrs	This is the longest period of a human's life. It is the stage in which people are usually working and contributing to society in some way and perhaps raising their children. If a person does not find proper ways to be productive during this period, they will probably develop feelings of stagnation.	Care & Generativity	Stagnation
Stage 8: 65+	As senior citizens, people tend to look back on their lives and think about what they have or have not accomplished. If a person has led a productive life, they will develop a feeling of integrity. If not, they might fall into despair.	Wisdom & Integrity	Despair

