

Table 1

Stages of Development According to Erik Erikson	
Approximate Age	Developmental Task or Conflict to Be Resolved
Birth to 1 year	<i>Trust vs. mistrust</i> : Babies learn either to trust or to mistrust that others will care for their basic needs, including nourishment, sucking, warmth, cleanliness, and physical contact.
1 to 3 years	<i>Autonomy vs. shame and doubt</i> : Children learn either to be self-sufficient in many activities, including toileting, feeding, walking, and talking, or to doubt their own abilities.
3 to 6 years	<i>Initiative vs. guilt</i> : Children want to undertake many adultlike activities, sometimes overstepping the limits set by parents and feeling guilty.
7 to 11 years	<i>Industry vs. inferiority</i> : Children busily learn to be competent and productive or feel inferior and unable to do anything well.
Adolescence	<i>Identity vs. role confusion</i> : Adolescents try to figure out, "Who am I?" They establish sexual, ethnic, and career identities, or are confused about what future roles to play.
Young adulthood	<i>Intimacy vs. isolation</i> : Young adults seek companionship and love with another person or become isolated from others.
Adulthood	<i>Generativity vs. stagnation</i> : Middle-age adults are productive, performing meaningful work and raising a family, or become stagnant and inactive.
Maturity	<i>Integrity vs. despair</i> : Older adults try to make sense out of their lives, either seeing life as a meaningful whole or despairing at goals never reached and questions never answered.