

<b>Summary – Erikson’s stages of psychosocial development</b>				
<b>Life stage</b>	<b>Conflict</b>	<b>Resolution or value attained</b>	<b>Manifestation in adult life</b>	<b>Example</b>
Infancy (0-1 year)	Learning basic trust vs. mistrust	Hope	Appreciation of human interdependence	I accept help and trust that it is available.
Early childhood (1-3 years)	Autonomy vs. shame and doubt	Will	Acceptance of the life cycle and impermanence	I can manage disappointment
Play age (3-6 years)	Initiative vs. guilt	Purpose	Humor, resiliency, compassion	I don’t take myself too seriously; I take time to enjoy life.
School age (6-12 years)	Industry vs. inferiority	Competence	Humility, accepting unfulfilled hopes	I have both strengths and weaknesses.
Adolescence (12-19 years)	Identity vs. role confusion	Fidelity	Merging of complex thought and emotions	I take both emotions and logic into account.
Early adulthood (20-25 years)	Intimacy vs. isolation	Love	Acceptance of the complexity of long-term relationships, openness, loving-kindness	I am willing to work to maintain important relationships.
Adulthood (26-64 years)	Generativity vs. stagnation	Care	Caring for others, empathy and concern	My life has more meaning when I care for my community.
Elderhood (65+ years)	Ego integrity vs. despair	Wisdom	A sense of identity and integrity that tempers physical limitations	I feel content and I accept the aging process.