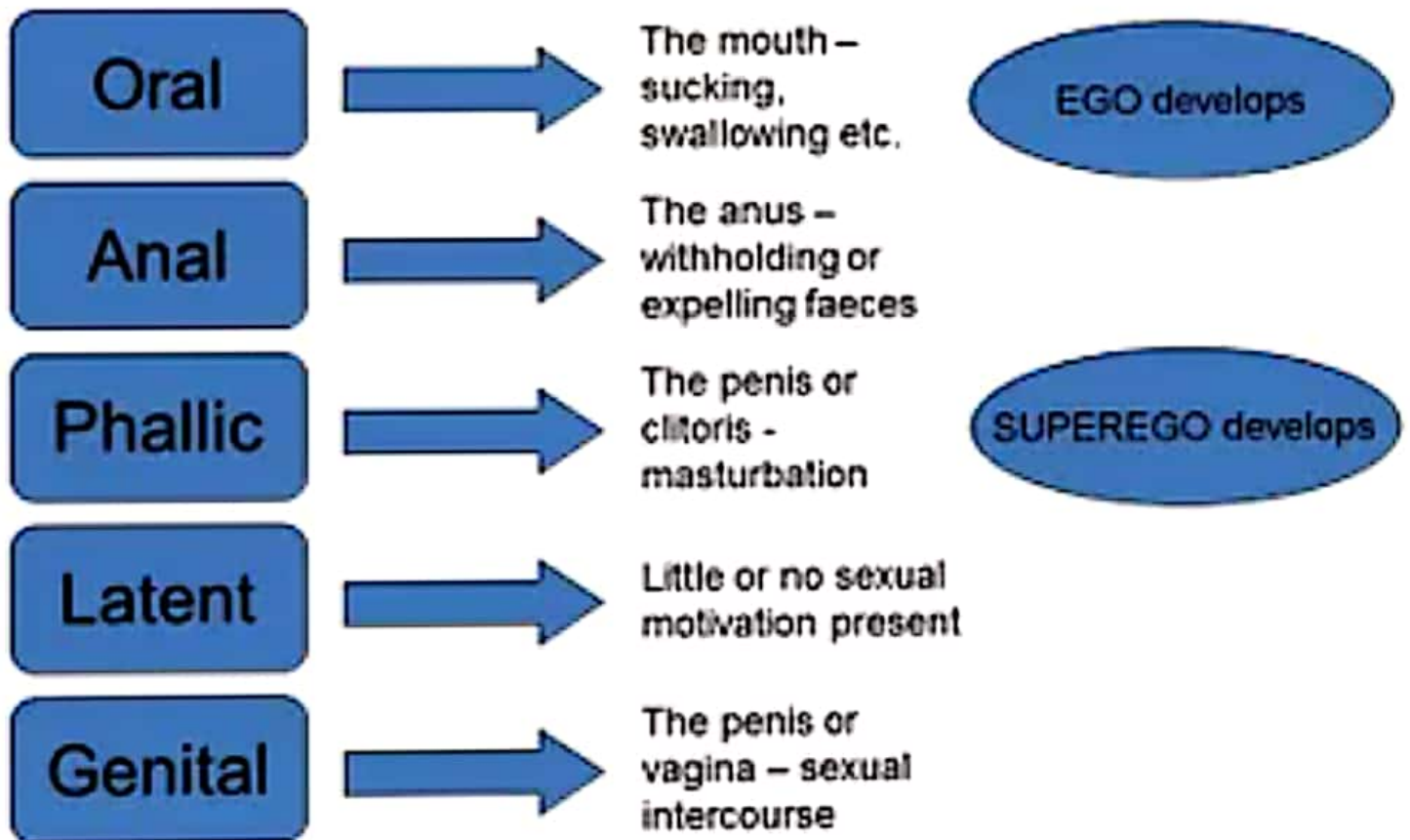


# Psychosexual Stages of Development



You can remember the order of these stages by using the **mnemonic**: “old (oral) age (anal) pensioners (phallic) love (latent) grapes (genital).

# 1. Trust vs. Mistrust

Trust vs. mistrust is the first stage in Erik Erikson's theory of psychosocial development. This stage begins at birth continues to approximately 18 months of age. During this stage, the infant is uncertain about the world in which they live, and looks towards their primary caregiver for stability and consistency of care.

If the care the infant receives is consistent, predictable and reliable, they will develop a sense of trust which will carry with them to other relationships, and they will be able to feel secure even when threatened.

## 2. Autonomy vs. Shame and Doubt

Autonomy versus shame and doubt is the second stage of Erik Erikson's stages of psychosocial development. This stage occurs between the ages of 18 months to approximately 3 years.

According to Erikson, children at this stage are focused on developing a sense of personal control over physical skills and a sense of independence.

# 3. Initiative vs. Guilt

Initiative versus guilt is the third stage of Erik Erikson's theory of psychosocial development.

During the initiative versus guilt stage, children assert themselves more frequently.

These are particularly lively, rapid-developing years in a child's life.

According to Bee (1992), it is a "time of vigor of action and of behaviors that the parents may see as aggressive."

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During this period the primary feature involves the child regularly interacting with other children at school. Central to this stage is play, as it provides children with the opportunity to explore their interpersonal skills through initiating activities.

Children begin to plan activities, make up games, and initiate activities with others. If given this opportunity, children develop a sense of initiative and feel secure in their ability to lead others and make decisions.

# 4. Industry vs. Inferiority

Erikson's fourth psychosocial crisis, involving industry (competence) vs. Inferiority occurs during childhood between the ages of five and twelve.

Children are at the stage where they will be learning to read and write, to do sums, to do things on their own.

Teachers begin to take an important role in the child's life as they teach the child specific skills.

# 5. Identity vs. Role Confusion

The fifth stage of Erik Erikson's theory of psychosocial development is identity vs. role confusion, and it occurs during adolescence, from about 12-18 years. During this stage, adolescents search for a sense of self and personal identity, through an intense exploration of personal values, beliefs, and goals.

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During adolescence, the transition from childhood to adulthood is most important. Children are becoming more independent, and begin to look at the future in terms of career, relationships, families, housing, etc. The individual wants to belong to a society and fit in.

The adolescent mind is essentially a mind or moratorium, a psychosocial stage between childhood and adulthood, and between the morality learned by the child, and the ethics to be developed by the adult (Erikson, 1963, p. 245)



# 6. Intimacy vs. Isolation

Intimacy versus isolation is the sixth stage of Erik Erikson's theory of psychosocial development. This stage takes place during young adulthood between the ages of approximately 18 to 40 yrs. During this stage, the major conflict centers on forming intimate, loving relationships with other people.

During this stage, we begin to share ourselves more intimately with others. We explore relationships leading toward longer-term commitments with someone other than a family member.

# 7. Generativity vs. Stagnation

Generativity versus stagnation is the seventh of eight stages of Erik Erikson's theory of psychosocial development. This stage takes place during middle adulthood (ages 40 to 65 yrs).

Psychologically, generativity refers to "making your mark" on the world through creating or nurturing things that will outlast an individual. During middle age individuals experience a need to create or nurture things that will outlast them, often having mentees or creating positive changes that will benefit other people.