

Erikson's theory of social and emotional development

<p>Phase 1: 0-1 years</p> <p>Trust and mistrust</p>	<p>Babies decide whether they feel a basic sense of trust or mistrust in life. This phase is about feeling safe in the world.</p> <p>This phase is about being a hopeful person or not. If they do not learn to trust, then they will find it harder to form relationships later in life.</p>
<p>Phase 2: 2-3 years</p> <p>Toddler and nursery years</p> <p>Autonomy versus shame and doubt</p>	<p>At this stage, children develop either a sense of being able to do things themselves, or develop a sense of doubt, leading to shame. This phase is about gaining self identity, not sure whether they can do something or not sure about themselves.</p> <p>If children fail to gain independence early on then they may grow up lacking confidence and feel insecure</p>
<p>Phase 3: 4-5 years</p> <p>Infant school years</p> <p>Initiative versus guilt</p>	<p>At this stage children learn to use their initiative to do things or feel guilty and hold back in case they upset people. This phase is about leading an active life with a sense of purpose or not.</p> <p>If children do not learn to use their initiative, then they will have less confidence in their ability to succeed at new adventures in life.</p>

<p>Phase 4: 6-12 years</p> <p>The junior years</p> <p>Industry versus inferiority</p>	<p>At this stage children begin to be determined to master things or do not try hard enough in case they can not manage something. This stage is about developing skills.</p> <p>During this period, children are comparing themselves to other children in terms of what they can do. If they fail or not competent, then they may lose confidence and feel inferior.</p> <p>Conversely, children who are successful may become over-confident and as a result, lack humility and empathy.</p>
<p>Phase 5: 13-18 years</p> <p>Adolescence</p> <p>Identity versus confusion</p>	<p>At this stage, children begin to be at one with themselves or feel uncertain and unsure. They learn to have faith in themselves.</p> <p>In this stage, they discover their identity – who they are and what they can do and what they want to do in the future. They need structure and direction in their lives otherwise they may stray.</p> <p>During this period, children need to be felt respected and valued by others, if not then it might lead to friction and conflicts with others.</p>

<p>Phase 6: 19-25 years</p> <p>Young adults</p> <p>Intimacy versus isolation</p>	<p>Children begin to have a sense of taking part in society and taking responsibility of a shared venture.</p> <p>During this stage, adults form relationships, they may decide to live together as a couple or stay single.</p> <p>Conflict can occur when young adults are unable to commit to a relationship.</p>
<p>Phase 7: 26-40 years</p> <p>Middle age</p> <p>Generativity versus stagnation</p>	<p>Adults begin to care about the next generation and the future of society or reject the challenge.</p> <p>Adults have children or progress in their careers. If adults have been unable to lead a fulfilled life, then they may feel bitter and resentful.</p>
<p>Phase 8: 41 plus years</p> <p>Old age</p> <p>Ego integrity versus despair</p>	<p>In this stage, adults come to terms with themselves and the way they lived.</p> <p>It is a time for reflection – feel satisfied or depressed. During this period, they overcome feelings of despair and disgust about new lifestyles or fear of death or not.</p> <p>This is Erikson’s phase of wisdom.</p>

