

Stages of Life (taken from Erikson)

(Coping Additional Information Section 1)

	1	2	3	4	5	6	7	8
Stage	Infancy	Early Childhood	Play Age	School Age	Adolescence	Young Adult	Middle Adulthood	Late Adulthood
Age	0-18 mths	18 mths – 3 yrs	3 – 5 yrs	6 – 12 yrs	12 – 18 yrs	18 – 35 yrs	35 – 55 or 65 yrs	55 or 65 - Death
Development Task	Trust v Mistrust	Autonomy v Shame	Initiative v Guilt	Industry v Inferiority	Identity v Role Confusion	Intimacy and Solidarity v Isolation	Generativity v Self absorption or Stagnation	Integrity v Despair
Basic Strengths	Drive and Hope	Self Control, Courage, Will	Purpose	Method and Competence	Devotion and Fidelity	Affiliation and Love	Production and Care	Wisdom
Notes	With lots of love from their mother or other loving carer, babies learn to trust that life is basically good. If babies aren't loved and don't get their basic needs met, they may end up feeling worthless and not able to trust anyone.	As toddlers learn to walk, talk, feed and toilet themselves, they grow in autonomy and self esteem . They also learn they have the power to say No! If toddlers feel ashamed when they are potty training or learning other important skills, these feelings are likely to stay with them and affect long-term how they feel about themselves.	'Make believe' play and copying adults is about young children 'practising' being grown-ups. They begin to use initiative in setting up play situations and also ask a lot of questions! Children who are encouraged to make their explorations of the world get to show more and more initiative. Children who are not encouraged in their natural curiosity and interests may start to feel guilty about them.	Children at this age can take in a huge amount of information and develop many skills. They are often very 'busy' with all their interests. Friends are also important. Children who are encouraged in a range of interests and to meet and make friends can gain in practical and social skills as they pass through this stage. Other children's insensitivity, bullying, etc, can highlight unresolved feelings of inadequacy and deepen a child's sense of 'I'm no good'.	Neither a child nor an adult, life gets complicated as adolescents try to find their own identity , separate from their family.. Like the toddler, they often 'test out' new behaviours and wait for the reactions! A time for forming a personal life philosophy, often marked by idealism and strong devotion to friends and causes. Successful negotiation WILL involve challenge and discomfort!	A time for seeking companions and love, leading traditionally to marriage and family. Successful negotiation of this stage can lead to intimacy on a deep level. Failure to create satisfying relationships can result in isolation and distance from others and, as a defence, a feeling of being 'better than them'.	This stage is often marked by an occupation with work and family issues. The biggest task is to keep everything stable, and key values passed on to the next generation. Strength comes from caring for others and contributing to the betterment of society. Biggest fear is inactivity and meaninglessness – mid-life crisis. Adults who don't get through this stage successfully, can become self-absorbed and stagnate .	Successful negotiation means looking back with contentment that life has meaning and a contribution has been made - Erikson's ' Integrity '. Strength comes from a quiet wisdom, accepting death as the completion of life. However, some may despair at their experiences and perceived failures. They may fear death as they see no purpose to their lives. Others may feel they have all the answers and end with a strong dogmatism that only their view has been correct.
Most Significant Relationships	Maternal parent or constant caregiver.	Parents.	Basic family.	School and neighbourhood.	Peer groups.	Marital partners and friends.	Work colleagues, the community and the family.	All of mankind —“my-kind.”