

Stages of Psychosocial Development (Erikson)

This cheat-sheet details the major virtues, questions, psychological crisis, and societal comparisons of each of Erik Erikson's major stages of development from infants to seniors. Use this to better understand and tailor your communications to and with your audiences.

Group	Age	Virtue	Crisis	Question	Society
Infants	0 to 18 mo	Hope	Trust vs. Mistrust	None	None
Toddlers	18 mo to 3 yrs	Will	Autonomy vs. Shame & Doubt	Can I do things myself or must I always rely on others?	None
Preschool	3 to 6 yrs	Purpose	Initiative vs. Guilt	Am I good or am I bad?	Ideal prototypes / roles
Childhood	6 to 12 yrs	Competence	Industry vs. Inferiority	How can I be good?	Division of labor
Adolescence	12 to 18 yrs	Fidelity	Identity vs. Role Confusion	Who am I and where am I going?	Ideology
Young Adults	19 to 40 yrs	Love	Intimacy vs. Isolation	Am I loved and wanted?	Patterns of cooperation
Middle Adulthood	40 to 65 yrs	Care	Generativity vs. Stagnation	Will I produce something of real value?	Parenting, education, social
Seniors	65 yrs +	Wisdom	Ego Integrity vs. Despair	Have I lived a full life?	None