

## Erikson's 8 Stages of Human Development

- |                               |                               |                          |
|-------------------------------|-------------------------------|--------------------------|
| 1. Trust vs Mistrust          | 2. Autonomy vs Shame/doubt    | 3. Initiative vs Guilt   |
| 4. Industry vs Inferiority    | 5. Identity vs Role confusion | 6. Intimacy vs Isolation |
| 7. Generativity vs Stagnation | 8. Integrity vs Despair       |                          |

**Instructions: Using the age parameters as a guide, apply your knowledge of Erikson's stages, to identify the defined stage for each example. Write the name of the appropriate stage on the line provided. Write just the side of the stage the person is experiencing.**

1. I'm a 10-year-old who likes to build things with my Lego blocks and I like to be the teacher when my friends and I play school. \_\_\_\_\_
2. I am a baby who anticipates good care from my parent. \_\_\_\_\_
3. I'm an 8-year-old who thinks I cannot do anything right. \_\_\_\_\_
4. I'm a 2-year-old who wants to be able to 'do it for myself'. \_\_\_\_\_
5. I'm 4 and get carried away with my imagination and tend to feel badly when I get caught doing something I shouldn't be doing. \_\_\_\_\_
6. I'm a young adult who wants a close and meaningful relationship. \_\_\_\_\_
7. I'm a mature adult who can look back on my life with pride. \_\_\_\_\_
8. I'm an adolescent with low self-esteem and many questions about my future plans.  
\_\_\_\_\_
9. I'm a baby who questions the kindness in the world. \_\_\_\_\_
10. I'm an adult who cares about the welfare of others and I volunteer. \_\_\_\_\_
11. I'm 2.5 and I feel afraid to do things on my own because my parents seldom encourage me to try. \_\_\_\_\_
12. I'm an elderly person who feels there's no reason left for me to live. \_\_\_\_\_
13. I'm a young adult who keeps to myself and will not make sacrifices for others or a commitment to a stable relationship. \_\_\_\_\_
14. I'm an adult who cares only about myself and views volunteerism as a waste of time.  
\_\_\_\_\_
15. I'm an adolescent with well-researched goals. \_\_\_\_\_
16. I'm a four-year-old who is encouraged to explore, mostly with adult supervision.  
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