

# DEVELOPMENT OF HOSTILE VS FRIENDLY BELIEFS

ADAPTED FROM ERIK ERICKSON

The way we view and interact in relationships is developed in eight stages across our lifetime. Each stage builds upon the other and is influenced by different people forming lifelong virtues.

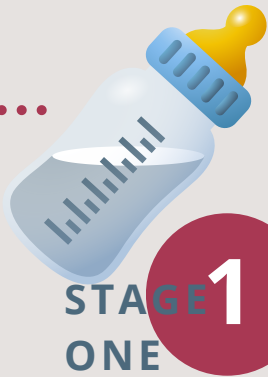
## STRUGGLE: TRUST VS MISTRUST

AGE 0-18 MONTHS

Trust is built or lost through the type of care, comfort, and face to face emotional attunement.

**INFLUENCE: MOM (CAREGIVER)**

**CRUCIAL QUESTION:** *Is the world a safe place?*



**VIRTUE GAINED : HOPE**

As we move to the next stage we take with us the ability to depend on and relate to others.



**2** STAGE TWO

## STRUGGLE: AUTONOMY VS SHAME AND DOUBT

AGE 2-3 YEARS

A sense of self-control and independence is gained or lost through potty training and preferences for food and clothing.

**INFLUENCE: BOTH PARENTS**

**CRUCIAL QUESTION:** *Am I capable of doing things?*

As we move to the next stage we take with us the assurance that we can do things ourselves.

**VIRTUE GAINED : WILL**



## STRUGGLE: INITIATIVE VS GUILT

AGE 3-6 YEARS

Through exploration and play external power finds a set point through teaching and discipline.

**INFLUENCE: FAMILY**

**CRUCIAL QUESTION:** *Am I good or bad?*



**3** STAGE THREE

**VIRTUE GAINED : PURPOSE**

As we move to the next stage we take with us the idea that we matter to the world.



**4** STAGE FOUR

## STRUGGLE: INDUSTRY VS INFERIORITY

AGE 6-12 YEARS

Navigating social and academic demands develop a belief or doubt in one's abilities.

**INFLUENCE: NEIGHBORS AND SCHOOL**

**CRUCIAL QUESTION:** *What am I good at?*

As we move to the next stage we take with us a sense of identity and pride.

**VIRTUE GAINED : COMPETENCE**



## STRUGGLE: IDENTITY VS ROLE CONFUSION

AGE 12-18 YEARS

A sense of self and personal identity are found or buried through social relationships and experiences.

**INFLUENCE: PEERS**

**CRUCIAL**

**QUESTION:** *Do I belong? Am I accepted?*



**STAGE**  
**FIVE**

**5**

**VIRTUE  
GAINED : LOYALTY**



As we move to the next stage we take with us fidelity to ourselves and to those we care about.



## STRUGGLE: INTIMACY VS ISOLATION

AGE 18-39 YEARS

Healthy intimate and loving relationships are created or movement into isolation or distancing develop.

**INFLUENCE: PARTNERS AND CLOSE RELATIONSHIPS**

**CRUCIAL**

**QUESTION:** *Am I wanted and loved?*

**STAGE**  
**SIX**

**6**

As we move to the next stage we take with us the strength of love and connection.

**VIRTUE  
GAINED : LOVE**



## STRUGGLE: GENEROSITY VS GREED

AGE 40-65 YEARS

A legacy is created or corrupted through passing on to others and the world gained virtues or vices.

**INFLUENCE: WORK AND HOME LIFE**

**CRUCIAL**

**QUESTION:** *Can I add value to the world*



**STAGE**  
**SEVEN**

**7**

**VIRTUE  
GAINED : CARE**



As we move to the next stage we take with us the results of our success or failure.



## STRUGGLE: INTEGRITY VS DESPAIR

AGE 65 - DEATH

Looking back on life with a strong sense of integrity and fulfillment or despair and regret.

**INFLUENCE: HUMANKIND**

**CRUCIAL**

**QUESTION:** *Have I lived a full and meaningful life?*

**STAGE**  
**EIGHT**

**8**

All of our virtues and our integrity out lives and outshines our physical form.

**VIRTUE  
GAINED : WISDOM**



Each stage's milestones are achieved through a "crisis" of sorts. When worked through during the appropriate ages we may not label them as such. When there has been developmental challenges, or missed virtues, or underdevelopment, the opportunity for progression is still possible however the crisis is experienced much more acutely. Look to your past stages to support this process.