Erik Erikson was a very influential German psychologist and psychoanalyst known for his theory of human development that explored the development of identity over eight stages of life from birth to death. Each stage is concerned with a particular conflict that must be resolved and a particular event or issue around which this conflict resolves itself. The following chart outlines the various stages:

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| **Stage** | **Age Range** | **Conflict** | **Event/Issue** |
| 1 | birth to one year old | trust versus mistrust | feeding |
| 2 | one to threeyears old | autonomy versus doubt | toilet training |
| 3 | three to sixyears old | initiative versus inadequacy | independence |
| 4 | six to twelveyears old | industry versusinferiority | school |
| 5 | twelve to eighteenyears old | identity versusconfusion | peer relationships |
| 6 | eighteen to fortyyears old | intimacy versusisolation | love relationships |
| 7 | forty to sixty-fiveyears old | productivityversus stagnation | parenting |
| 8 | sixty-five years olduntil death | integrity versusdespair | acceptance ofone’s life |