

Erikson's Stages of Psychosocial Development

A free printable reference chart — all 8 stages, age ranges, crises, and virtues

Stage	Age Range	Psychosocial Crisis	Virtue	What's Happening
1. Infancy	0-18 months	Trust vs. Mistrust	Hope	Learning whether caregivers reliably meet basic needs.
2. Early Childhood	18 months-3 yrs	Autonomy vs. Shame & Doubt	Will	Testing independence: self-feeding, choices, potty training.
3. Preschool	3-5 years	Initiative vs. Guilt	Purpose	Initiating games, ideas, and social play on their own.
4. School Age	5-12 years	Industry vs. Inferiority	Competence	Comparing abilities to peers through school and sports.
5. Adolescence	12-18 years	Identity vs. Role Confusion	Fidelity	Exploring values, career paths, and a stable self-image.
6. Young Adulthood	18-40 years	Intimacy vs. Isolation	Love	Forming deep, committed relationships and friendships.
7. Middle Adulthood	40-65 years	Generativity vs. Stagnation	Care	Contributing to the next generation through work or mentoring.
8. Maturity	65+ years	Ego Integrity vs. Despair	Wisdom	Reflecting on life and finding peace or regret.

How to use this chart: Each stage presents a psychosocial crisis, a tension between two opposing outcomes. Resolving it successfully builds the listed virtue, a psychological strength that supports every stage that follows. A small amount of the negative tendency (mistrust, doubt, guilt, etc.) is normal and even adaptive — healthy development means the positive outweighs it, not that the negative disappears entirely.