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childhood and then extend beyond them going from adolescence through to old age erik erikson s theory of psychosocial development outlines eight stages that individuals go through from birth to old age each stage represents a unique psychological challenge or crisis that must be resolved to achieve healthy development erikson 1963 1 trust vs mistrust age range infancy 0 1 year erikson s 1959 theory of psychosocial development has eight distinct stages taking in five stages up to the age of 18 years and three further stages beyond well into adulthood like freud and many others erik erikson maintained that personality develops in a predetermined order and builds upon each previous stage erikson s theory of psychosocial development identifies eight stages in which a healthy individual should pass through from birth to death at each stages we encounter different needs ask these eight stages are as follows infancy trust vs mistrust toddlerhood autonomy vs shame and doubt preschool years initiative vs guilt early school years industry vs inferiority adolescence identity vs role confusion young adulthood intimacy vs isolation middle adulthood generativity vs stagnation self absorption

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