

## Stages of Life-cycle: Eight Emotional Building Blocks of Development

<b>Stage</b>	<b>Positive Resolution</b>	<b>Negative Resolution</b>	<b>Age (est.)</b>
1	<b>Basic Trust (safety)</b> The world is a good place and I belong in it. Good attachment beliefs.	<b>Basic Mistrust (danger)</b> Guard is up. Set up to have control issues. Foundation is set to be out of balance for a lifetime.	0-18 mo
2	<b>Autonomy (assert)</b> Can say “no.” Independent, free. “I can do it myself.” Learning how to make own choices—practicing & experiencing.	<b>Shame and Doubt (worthless)</b> Problem: “Shame on you!” Symptoms: set up for people pleasing. Externally referenced.	18 mo.- 3 yrs
3	<b>Initiative (explore)</b> Developing imagination. Exploring options, exercising problem solving skills. Trying things out.	<b>Guilt (severe introject)</b> Internalizing the critic. Set up to beat self down for a lifetime, from within. Avoiding risk-taking.	3 – 7 yrs
4	<b>Industry (builder)</b> Accomplishments. “I’m good at something. I’m good for something.” Developing interests. Getting focused.	<b>Inferiority (painful hider)</b> Low self-esteem. Deeply held beliefs about inadequacy. Withdrawal. Self-doubt is magnified.	7 – 12 yrs
5	<b>Identity (adjusted belonger)</b> The pieces inside fit together. I have purpose. I know who I am. I know where I’m going. Maturity.	<b>Identity Confusion (pieces don’t fit)</b> Lost. Not fitting in. Confused about life and what to do with it. Inferiority is becoming my identity. Immiturity.	12 yrs to Late Adolescent, Young Adult
6	<b>Intimacy (bonding)</b> Opening up. Sharing feelings out loud. Connecting, working through conflicts and feelings.	<b>Isolation (withering connections)</b> Unable to resolve conflicts or address feelings in relationships. Walls. Settling for emptiness for fear of risks.	Young Adult
7	<b>Generativity (a living system—like a lake)</b> Helping others out of a deep inner well of “resources.” Giving back (not out of the need to be needed).	<b>Stagnation/Self-Absorption (desperate self-maintenance)</b> Holding on to everything for self. Needy, angry. Depressed. Like a stagnate pond—everything comes in, nothing goes out.	Adulthood
8	<b>Integrity (soundness at center)</b> Like a healthy tree—no rotteness at the core. Peaceful about death. Kids feel safe and nurtured with you. Sees worth in others.	<b>Despair (bitter regrets)</b> Blackness inside. Meanness towards others. Kids avoid you. Lacks wisdom. Sees others as worthless.	50+ to Late Adulthood