

EMOTIONAL & SOCIAL CHALLENGES

The challenges identified in each stage occur throughout life, but are often central during the specific periods outlined in the table below



STAGE	CHALLENGE	DEFINED
Infancy	Trust vs. Mistrust	How much the infant can trust that their needs will be reliably met forms the template for future relationships and determines how they will care for themselves.
Toddlerhood	Autonomy vs. Shame and Doubt	Body control nurtures children's feelings of self-effectiveness. Otherwise, shame and doubt predominate.
Schoolage	Initiative vs. Guilt	Taking action enhances self-worth while disapproval leads to guilt and passivity.
Preteen	Industry vs. Inferiority	Working to manage ever higher academic and social expectations, children view themselves as good enough or not good enough.
Adolescence	Identity vs. Confusion	The teen's sense of who they are becomes clear to them, or doesn't.
Adulthood	Intimacy vs. Isolation	Without stable, close relationships, people withdraw into loneliness.
Mature Adults	Generativity vs. Stagnation	Generating new life and making a positive impact on the world creates energy and meaning.
Old Age	Ego Identity vs. Despair	People are able to reflect and feel satisfaction despite disappointments, or experience unmanageable regret and anger with resulting despair.