

Stages of Personality Development

A Quick Reference Cheat Sheet: Freud & Erikson

Personality forms in stages, not all at once. This cheat sheet gives you both major frameworks side by side, so you can revise fast or reflect on your own growth in under two minutes.

Freud's 5 Psychosexual Stages

Oral	Birth to 1 year	Feeding, sucking, comfort	Nail biting, overeating, dependence
Anal	1 to 3 years	Toilet training, control	Rigidity or disorganization
Phallic	3 to 6 years	Awareness of gender differences	Confused sense of gender identity
Latency	6 to 12 years	School, friendships, skills	Difficulty forming social bonds
Genital	12 years onward	Mature adult relationships	Trouble with intimacy

Erikson's 8 Psychosocial Stages

#	Conflict	Age Range	Virtue
1	Trust vs Mistrust	Birth to 18 months	Hope
2	Autonomy vs Shame and Doubt	18 months to 3 years	Will
3	Initiative vs Guilt	3 to 6 years	Purpose
4	Industry vs Inferiority	6 to 12 years	Competence
5	Identity vs Role Confusion	12 to 18 years	Fidelity
6	Intimacy vs Isolation	18 to 40 years	Love
7	Generativity vs Stagnation	40 to 65 years	Care
8	Integrity vs Despair	65 years onward	Wisdom

Quick tip: Studying for an exam? Learn both theories. Working on your own growth? Start with Erikson, since it covers your whole life, not just childhood.