

# [Erikson's theory](https://assignbuster.com/eriksons-theory/)

[Experience](https://assignbuster.com/essay-subjects/experience/)

Erikson's Psychological Development Erikson’s theory of psychological development may be proved through my personal experience. Erikson’s stages of development can be seen through most individuals. The first stage Erikson describes is “ Trust vs. Mistrust. " The statement present throughout this stage is “ I am what I’m given. " This stage lasts usually from birth to 18 months and deals with your needs being met as an infant. If your needs are met, you develop a sense of trust in others and your environment; you become an optimist. If your needs are not met you may experience mistrust, and become negative and assume the worst of others. I think that as an infant, my needs were easily met because now I tend to assume the best of people and I am very gullible.