

Erikson's theory

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.