

Explain any concept from only one of the personality theories and apply that conc...

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Your full April 17, Erik Erikson's Theory of Psychosocial Development

Erikson's theory of psychosocial development consists of eight stages that describe human and child development. The theory discusses and analyzes the individuals' personality and behavior while they experience eight psychosocial crisis stages: (1) Trust vs. Mistrust (birth to year one), (2) Autonomy vs. Shame and Doubt (1-3 years), (3) Initiative vs. Guilt (3-6 years), (4) Industry vs. Inferiority (6-12 years), (5) Identity vs. Confusion (12-18 years), (6) Intimacy vs. Isolation, (7) Generativity vs. Stagnation, (8) Ego Integrity vs. Despair.

Stage 5, Identity vs. Confusion, is very interesting for me. This is the stage of adolescence or puberty. In this stage, children are exploring their inner selves and their independence. They need moral support from their parents, teachers and peers. Children who pass this stage successfully will grow up to be secure personalities with a clear vision. Those who fail at this stage will remain insecure and confused, and will lack a sense of independence.

From my experience, my personality has based mainly on this stage. I remember that when I was in adolescence, my parents used to sit down with me and talk to me about different issues. They encouraged me to share my thoughts and feelings with them. This way, they gave me emotional security, which resulted in imparting confidence and trust in my personality. I have a clear vision about my goals and objectives. I am never confused when I have to take major decisions in life. My personality has a sense of self-assurance and independence, because I passed this stage very successfully.