

# EXPLORING YOUR TIMELINE

I am safe, cared for

**TRUST**

I can make my own decisions, I can try

**AUTONOMY**

I can explore make things happen

**INITIATIVE**

I do well at school, make friends, succeed

**COMPETENCE**

I fit in well with groups, socialise, have friends

**GROUP IDENTITY**

I am comfortable with who I am; I am my true self

**IDENTITY**

I can form and commit to deep relationships

**INTIMACY**

I am building for the future, for work and family

**PRODUCTIVITY**

I look back at a rich life and know who I am

**INTEGRITY**

**INFANCY**  
0-2

**EARLY CHILDHOOD**  
2-4

**MIDDLE CHILDHOOD**  
4-6

**LATE CHILDHOOD**  
7-11

**EARLY ADOLESCENCE**  
12-18

**ADOLESCENCE**  
19-24

**ADULTHOOD**  
25-40

**MIDDLE AGE**  
45-65

**SENIOR AGE**  
65-

**MISTRUST**

**DOUBT & SHAME**

**GUILT**

**INFERIORITY**

**ALIENATION**

**ROLE CONFUSION**

**ISOLATION**

**STAGNATION**

**DESPAIR**

I am not safe, cared for

I get it wrong, there's something wrong with me

I upset people, fail, I don't want to try

I'm not as clever as others; I'll never match up

I don't fit in; I don't know where I belong

I don't know who I am or what I should be doing

I don't want to let people in; I'm lonely

I am going nowhere; my life has little meaning

What do I have to show for my life?