Identity and Belonging

KARYN HARVEY, PH.D.
Critical Developmental Stages: Conflicts to Resolve – Erik Erickson
<table>
<thead>
<tr>
<th>Stage</th>
<th>Psychosocial Crisis</th>
<th>Basic Virtue</th>
<th>Age</th>
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<td>1</td>
<td>Trust vs. mistrust</td>
<td>Hope</td>
<td>Infancy (0 to 1 ½)</td>
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<td>2</td>
<td>Autonomy vs. shame</td>
<td>Will</td>
<td>Early Childhood (1 ½ to 3)</td>
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<td>3</td>
<td>Initiative vs. guilt</td>
<td>Purpose</td>
<td>Play Age (3 to 5)</td>
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<td>4</td>
<td>Industry vs. inferiority</td>
<td>Competency</td>
<td>School Age (5 to 12)</td>
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<td>5</td>
<td>Ego identity vs. Role Confusion</td>
<td>Fidelity</td>
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<td>Intimacy vs. isolation</td>
<td>Love</td>
<td>Young Adult (18 to 40)</td>
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<td>7</td>
<td>Generativity vs. stagnation</td>
<td>Care</td>
<td>Adulthood (40 to 65)</td>
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<td>8</td>
<td>Ego integrity vs. despair</td>
<td>Wisdom</td>
<td>Maturity (65+)</td>
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Who Am I?
The Pain of Exclusion
Positive Identity Development

- **Negative Identity**
  - NOT the person who gets the job
  - NOT the person who gets married
  - NOT the person who drives
  - NOT the person who plays on a high school sport team
  - NOT the person who is popular or liked
  - Not the cool one

- **Positive Identity**
  - Who I am
  - What I do well
  - Who my friends are
  - What my preferences are
  - Where I make a difference
  - What I am proud of
LEVELS OF IDENTITY AND BELONGING

- SELF
- FAMILY
- COMMUNITY
“Ultimately happiness rests on how you establish a solid sense of self or being.”

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