

Client Name:

Date:

Worksheet for reflection on Intimacy versus Isolation stage of Erikson

1- Describe one close meaningful relationship

2- How comfortable were you in sharing vulnerably in that relationship

3- Write about past and current romantic relationships. What patterns do you notice

4- How well connected are you with family members? Name one family member who was your role model

5- How do fulfilling relationships contribute to your overall well being.

What was it like to write these answers

Discuss

References:

Maree, J. G. (2022). The psychosocial development theory of Erik Erikson: critical overview. *The Influence of Theorists and Pioneers on Early Childhood Education*, 119-133.

## Erikson's stages of psychosocial development

1. Infancy: Trust vs. Mistrust
2. Toddler years: Autonomy vs. Shame and Doubt
3. Preschool years: Initiative vs. Guilt
4. Middle school years: Industry vs. Inferiority
5. Adolescence: Identity vs. Confusion
6. Young adulthood: Intimacy vs. Isolation
7. Middle adulthood: Generativity vs. Stagnation
8. Older adulthood: Integrity vs. Despair

## References

Maree, J. G. (2022). The psychosocial development theory of Erik Erikson: critical overview. *The Influence of Theorists and Pioneers on Early Childhood Education*, 119-133.