

presents the conflict in a new form. For example, when children who have satisfactorily achieved a sense of trust encounter a new experience (e.g., hospitalization), they must again develop a sense of trust in those responsible for their care in order to master the situation. Erikson's life-span approach to personality development consists of eight stages; however, only the first five relating to childhood are included here:

Trust versus mistrust (birth to 1 year old): The first and most important attribute to develop for a healthy personality is basic **trust**. Establishment of basic trust dominates the first year of life and describes all of the child's satisfying experiences at this age. Corresponding to Freud's oral stage, it is a time of "getting" and "taking in" through all the senses. It exists only in relation to something or someone; therefore, consistent, loving care by a mothering person is essential for development of trust. **Mistrust** develops when trust-promoting experiences are deficient or lacking or when basic needs are inconsistently or inadequately met. Although shreds of mistrust are sprinkled throughout the personality, from a basic trust in parents stems trust in the world, other people, and oneself. The result is **faith** and **optimism**.

Autonomy versus shame and doubt (1 to 3 years old):

Corresponding to Freud's anal stage, the problem of autonomy can be symbolized by the holding on and letting go of the sphincter muscles. The development of autonomy during the toddler period is centered on children's increasing ability to control their bodies, themselves, and their environment. They want to do things for themselves using their newly acquired motor skills of walking, climbing, and manipulating and their mental powers of selecting and decision making. Much of their learning is acquired by imitating the activities and behavior of others. Negative feelings of doubt and shame arise when children are made to feel small and self-conscious, when their choices are disastrous, when others shame them, or when they are forced to be dependent in areas in which they are capable of assuming control. The favorable outcomes are self-control and willpower.

Initiative versus guilt (3 to 6 years old): The stage of initiative corresponds to Freud's phallic stage and is characterized by