

HANDOUT 5-14

Erikson's Stages

Indicate how often each of these statements apply to you by using the following scale:

- 0 = never applies to you
 1 = occasionally or seldom applies to you
 2 = fairly often applies to you
 3 = very often applies to you

Trust Versus Mistrust

- _____ 1. I feel pessimistic about the future of humankind.
- _____ 2. I feel the world's major problems can be solved.
- _____ 3. I am filled with admiration for humankind.
- _____ 4. People can be trusted.
- _____ 5. I feel optimistic about my future.

Autonomy Versus Shame and Doubt

- _____ 6. When people try to persuade me to do something I don't want to, I refuse.
- _____ 7. After I have made a decision, I feel I have made a mistake.
- _____ 8. I am unnecessarily apologetic.
- _____ 9. I worry that my friends will find fault with me.
- _____ 10. When I disagree with someone, I tell them.

Initiative Versus Guilt

- _____ 11. I am prepared to take a risk to get what I want.
- _____ 12. I feel hesitant to try out a new way of doing something.
- _____ 13. I am confident in carrying out my plans to a successful conclusion.
- _____ 14. I feel what happens to me is the result of what I have done.
- _____ 15. When I have difficulty in getting something right, I give up.

Industry Versus Inferiority

- _____ 16. When people look at something I have done, I feel embarrassed.
- _____ 17. I get a great deal of pleasure from working.
- _____ 18. I feel too incompetent to do what I would really like to do in life.
- _____ 19. I avoid doing something difficult because I feel I would fail.
- _____ 20. I feel competent.

HANDOUT 5-14 (continued)

Identity Versus Identity Diffusion

- _____ 21. I wonder what sort of person I really am.
- _____ 22. I feel certain about what I should do with my life.
- _____ 23. My worth is recognized by others.
- _____ 24. I feel proud to be the sort of person I am.
- _____ 25. I am unsure as to how people feel about me.

Intimacy Versus Isolation

- _____ 26. I feel that no one has ever known the real me.
- _____ 27. I have a feeling of complete "togetherness" with someone.
- _____ 28. I feel it is better to remain free than to become committed to marriage for life.
- _____ 29. I share my private thoughts with someone.
- _____ 30. I feel as though I am alone in the world.

Generativity Versus Stagnation

- _____ 31. I feel that I have done nothing that will survive after I die.
- _____ 32. I help people to improve themselves.
- _____ 33. I feel my life is being wasted.
- _____ 34. I have a good influence on people.
- _____ 35. I enjoy guiding young people.

for each subscale range from 0 to 15, with high scores reflecting greater strength on a particular personality dimension.

The response to item 1 should be reversed ($0 = 3, 1 = 2, 2 = 1, 3 = 0$) and then added to the numbers given in response to items 2, 3, 4, and 5 to obtain a trust score. Responses to items 7, 8, and 9 should be reversed and added to items 6 and 10 to assess autonomy.

Answers to 12 and 15 should be reversed and added to items 11, 13, and 14 to measure initiative. Answers to 16, 18, and 19 should be reversed and then added to 17 and 20 to calculate industry. Responses to 21 and 25 must be reversed and added to 22, 24, and 25 to obtain a measure of identity. Answers to 26, 28, and 30 are reversed and added to 27 and 29 to give intimacy. Responses to 31 and 33 are reversed and added to 32, 34, and 35 to provide a generativity score. In both sexes, the authors found that the scores on each dimension were related to an independent measure of well-being.