

Name \_\_\_\_\_

Period \_\_\_\_\_

### Past Self

1. When you look back on your childhood and very early years how do you believe you felt most of the time? Circle one of the following and add your own descriptors: happy, sad, in conflict, at peace, secure, angry, confused, loved, successful, responsible, afraid

\_\_\_\_\_

2. Tell your group a story about an important event in your childhood. This should be something you vividly remember or something you were told about yourself and enjoy remembering.
3. Circle what you believe was your resolution at each of the psychosocial stages below and then give a reason for your choice:

Age	Stage	Why
0-1	Trust vs. Mistrust	_____
1-2	Autonomy vs. Shame	_____
3-5	Initiative vs. Guilt	_____
6-12	Competence vs. Inferiority	_____

4. What new insight do you have into your own development?

### Present Self

5. What activities currently are of the greatest interest to you? (Example: Friends, work, music, hobbies, family gatherings, religious activities, school, etc.) Write a brief sentence explaining each choice.
6. How do you feel most of the time? (busy, overwhelmed, angry, peaceful, confused, happy, competent, tense etc.) List all that apply and write a brief explanation.
7. What is most important to you in your life right now? What do you value?
8. If you are in Erikson's "Identity vs. Role Confusion" stage: how are you doing with this struggle? If you have passed that stage, what stage are you in and how are you doing? Explain.
9. Briefly discuss your intimate (close) relationships with friends, relatives, and the opposite sex? Are these relationships satisfying? How are you doing with the struggle of "Intimacy vs. Isolation"?
10. How might fear of rejections or feelings from unresolved early conflicts get in the way of letting people get to know the real you?

### Future Self

11. What are you fondest future dreams (could be regarding work, love, friendship, community, religion, children, marriage, personal achievement, wealth, material possessions, etc.) in other words, how do you envision your future life?
12. In what ways would you like your life to be like your parents and/or grandparents' lives, and in what ways would you like your own life to be different from theirs?
13. How will/do you handle each of Erikson's last two stages, namely generativity vs. stagnation, and integrity vs. despair?