

# Adult Development & Relationships

Presented at Totally Outright, Halifax,  
February 25, 2017, Updated May 11, 2018

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# When “Adulthood” Became a Verb

- From Urban Dictionary:
  - Adulthood (v): to do grown up things and hold responsibilities such as, a 9-5 job, a mortgage/rent, a car payment, or anything else that makes one think of grown ups.
  - Being a responsible adult. Used by immature 20-somethings who are proud of themselves for paying a bill.
  - Post adolescence when the light in your eyes fade away and dies.
  - To carry out one or more of the duties and responsibilities expected of fully developed individuals (paying off that credit card debt, settling beef without blasting social media, etc.) Exclusively used by those who adult less than 50% of the time.

# Your Questions as we Begin

- What must you take from this session in order for it to be of value to you?

# Adolescence is a New Phenomenon

- Adolescence, that latent state between childhood and adulthood, is a relatively new phenomenon for most peoples.
- How Green Was My Valley (1:22:00)  
<https://www.youtube.com/watch?v=e-kE3CC2uDc>
- Young Huw Morgan is the youngest of the 4 sons in this, turn of the century, Welsh, mining family. After the death of his brother, he leaves his promising life as a young scholar to go “down the colliery” to work, making the stark transition from boy to man. Some wicked hard adulting!

# Adult Development - Erik Erikson

- Born in 1902 in Germany, Danish/Jewish
- Influenced by Anna Freud to study psychoanalysis (VPInst.)
- Emigrate to USA in 1933
- Taught at Harvard, Yale, Berkeley and Austen Riggs
- Psychosocial vs. Psychosexual emphasized importance of environment



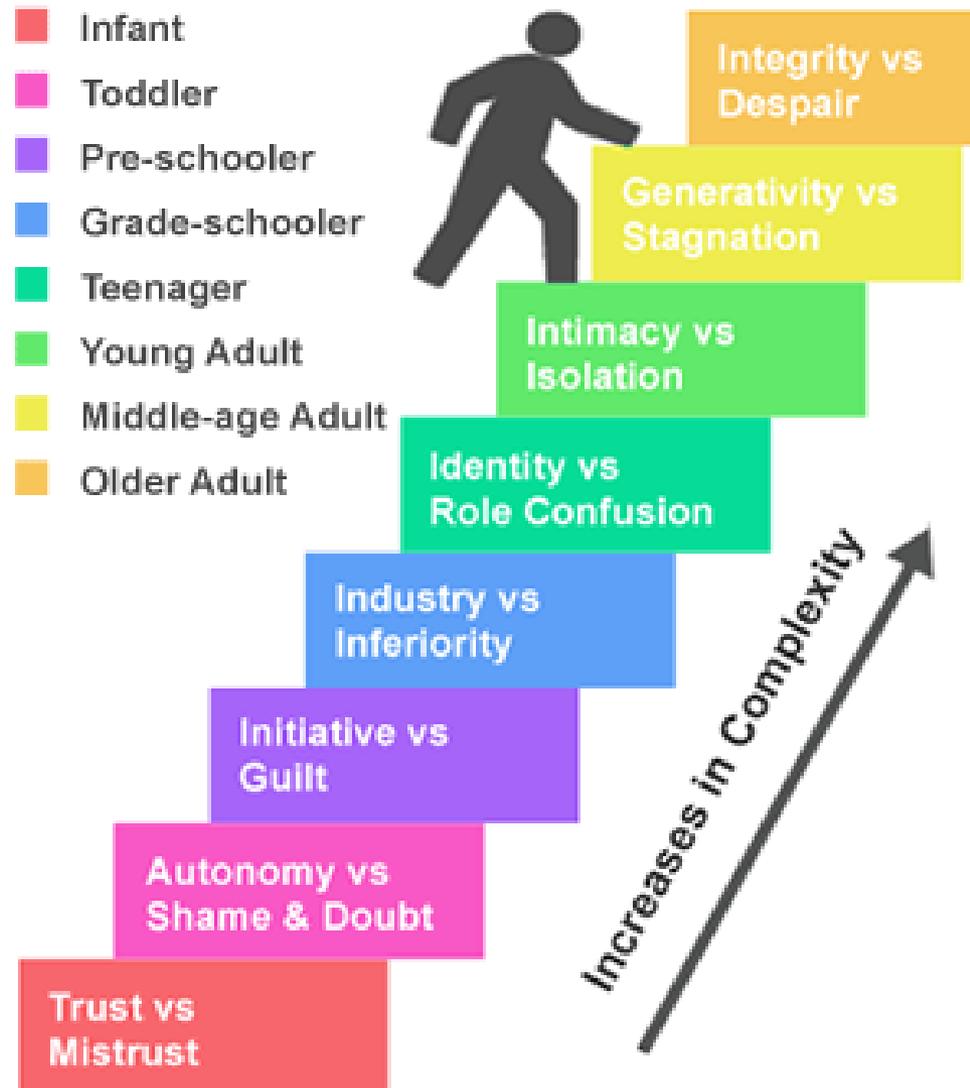
# Erikson's Theory of Psychosocial Development

- A theory that explains normal/healthy human emotional (psycho) and social development
- A theory of personality development
- A theory that explains how external influence affect human development

# Critical Elements of Psychosocial Development and Adult Relationships

- We grow in stages - bio-psycho-social
- Development and growth is cumulative. Skills and qualities earned and learned at earlier stages are critical for later stages.
- Every stage has a central “crisis” which needs to be resolved for healthy, long term development
- External forces support development
- Our understanding of stages, and processes are described within a “majority” social construct and require some adjusting for queer folk, POC, non-monogamous
- Adult relationships are supported by healthy earlier development and compromised by developmental deficits

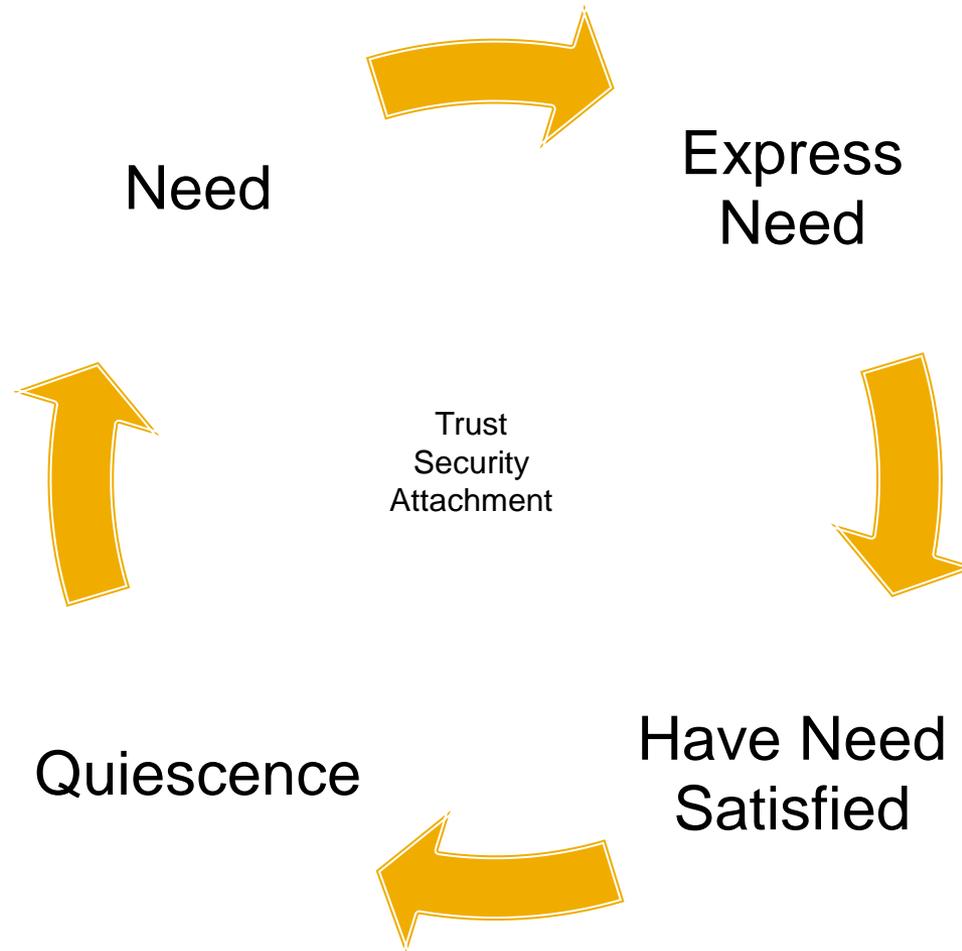
# The Stages



Life Stage	Developmental Tasks	Psychosocial Crisis	Central Process
Prenatal (conception to birth)			
Infancy (birth to 2 years)	1. Social attachment 2. Maturation of sensory and motor functions 3. Sensorimotor intelligence and primitive causality 4. Object permanence 5. Emotional development	Basic trust versus basic mistrust	Mutuality with caregiver
Toddlerhood (2 to 4)	1. Elaboration of locomotion 2. Fantasy and play 3. Language development 4. Self-control	Autonomy versus shame and doubt	Imitation
Early school age (4 to 6)	1. Heteronormativity & Gender role expectation* 2. Early moral development 3. Group play 4. Development of self-esteem	Industry versus inferiority	Identification
Middle school age (6 to 12)	1. Friendship 2. Self-evaluation 3. Concrete operations 4. Skill learning 5. Team play	Initiative versus guilt	Education
Early adolescence (12 to 18)	1. Physical maturation 2. Formal operations 3. Emotional development 4. Membership in peer groups 5. Heteronormativity & relationships*	Group identity versus alienation	Peer pressure

Life Stage	Developmental Tasks	Psychosocial Crisis	Central Process
Later adolescence (18 to 22)	1. Autonomy from parents 2. Heteronormativity & Gender identity* 3. Internalized morality 4. Career choice	Individual identity versus identity confusion	Role experimentation
Early adulthood (22 to 34)	1. Marriage, sex and intimate relationships* 2. Childbearing 3. Work 4. Life style	Intimacy versus isolation	Mutuality among peers
Middle adulthood (34 to 60)	1. Nurturing marital and intimate relationships Maturing in ability to meet sexual needs* 2. Management of household 3. Child rearing 4. Management of career	Generativity versus stagnation	Person-environment fit and creativity
Later adulthood (60 to 75)	1. Promoting intellectual vigor 2. Redirecting energy toward new roles 3. Accepting one's life 4. Developing a point of view about death	Integrity versus despair	Introspection
Very old age (75 until death]"	1. Coping with physical changes of aging 2. Developing a psycho-historical perspective 3. Traveling uncharted terrain	Immortality versus extinction	Social support

# Attachment – Relationship Cornerstone



# Confidence and Autonomy – Essential Skills for Adulthood Formed in Toddlerhood



# Adult Relationships Defined & Discussed

- What defines an adult relationship?
- What types of adult relationships have you experienced/desired?
- What are the challenges you have/anticipate having in adult relationships?
- How can you improve you adult relationships and adult relationship skills?

# How We Heal from Trauma is Cyclical



# Q & A

- By virtue of putting up with me today, you have purchased a limited or lifetime subscription to me. Email me if you have questions or requests beyond today. Here is my contact information:

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