

Developmental Task	Extremes	Vs.	Extremes	Balanced
1. Developing autonomy	Dependence	Vs.	Independence	Interdependence
2. Learning to deal with authority figures	Strict compliance with authority	Vs.	Disrespect, Counterproductive	Respectful but assertive.
3. Learning to live with ambivalence and ambiguity	There are rules to follow. I must adhere no matter what.	Vs.	There are no rules. Life is all about doing what pleases me.	Life is gray. Life is never clear and I must balance my life.
4. Developing a capacity for intimacy	Closed. Builds up walls for self protection	Vs.	Being an open book. Everyone knows all the details of my life.	Allowing those who I chose to get close and see the real person.
5. Solidifying a sexual identity	Refusing to accept any role model.	Vs.	Adapting to any role model and influence.	Learning how to be feminine without a role model.
6. Learning to manage emotions. Emotions are constantly swinging.	Fragile and emotional	Vs.	Anger, Rage	Expressing the emotion that fits the situation.
7. Developing a personal value system.	Adherence to my beliefs. I am right. I will not let others sway me.	Vs.	Letting peers/others influence my value system	Developing own set of values. I take in all perspectives and make my decision based on what is good for me and for others.
8. Maintaining a sense of adequacy and competence	I behave as if I am never wrong. I know it all.	Vs.	Being invisible and incompetent. I feel like I don't belong. I am not good enough.	Confidence that I know what I can do well and what I need help with.