

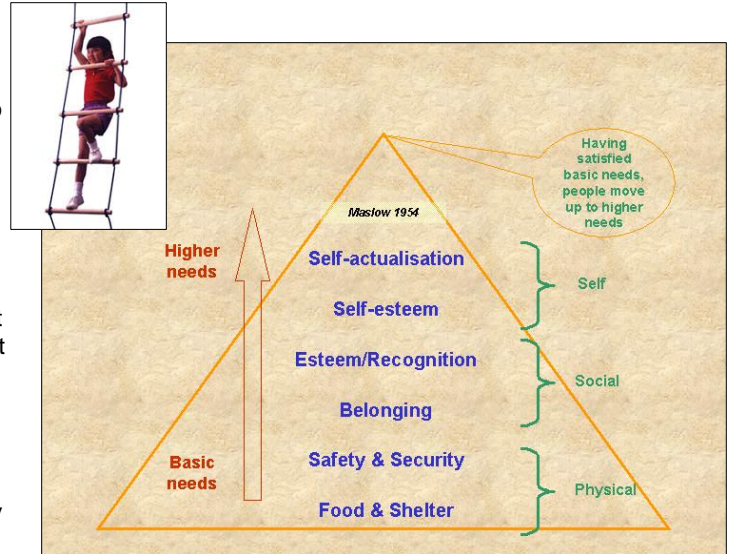
Maslow Hierarchy of Needs

According to Abraham Maslow, there are general types of needs (physiological, safety, love, and esteem) that must be satisfied before a person can act unselfishly. As long as we are motivated to satisfy these cravings, we are moving towards growth, toward self-actualization.

Satisfying needs is healthy. Blocking gratification makes us sick or feel bad. In other words, we are all "needs junkies" with cravings that must be satisfied and should be satisfied.

Needs are prepotent. A prepotent need is one that has the greatest influence over our actions. Everyone has a prepotent need, but that need will vary among individuals.

A teenager may have a need to feel that a group accepts him. A drug-user will need to satisfy his/her cravings for drugs to function normally in society, and will not worry about acceptance by other people. According to Maslow, when the needs of one level are truly met, then a person can move up to the next level of need.



PHYSIOLOGICAL NEEDS

[Physical: *Food & Shelter*]



Physiological needs are the very basic needs such as air, water, food, sleep, etc. When these are not satisfied we may feel sickness, irritation, pain, discomfort, etc. These feelings motivate us to alleviate them as soon as possible to establish homeostasis. Once they are alleviated, we may think about other things.

SAFETY NEEDS

[Physical: *Safety & Security*]



Safety needs have to do with establishing stability and consistency in a chaotic world. These needs are mostly psychological in nature. We need the security of a home and family. However, if a family is dysfunctional, i.e., an abusive husband, the wife cannot move to the next level because she is constantly concerned for her safety. Love and belongingness have to wait until she is no longer cringing in fear. Many in our society cry out for law and order because they do not feel safe enough to go for a walk in their neighborhood. Many people, particularly those in the inner cities, unfortunately, are stuck at this level.

LOVE NEEDS

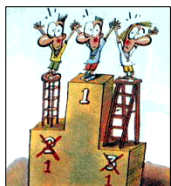
[Social: *Belonging*]



Love and belongingness are next on the ladder. Humans have a desire to belong to groups: clubs, work groups, religious groups, family, gangs, etc. We need to feel loved (non-sexual) by others, to be accepted by others. Performers appreciate applause. We need to be needed.

ESTEEM NEEDS

[Social: *Esteem/Recognition, Self-esteem*]



There are two types of esteem needs. First is self-esteem, which results from competence or mastery of a task. Second, there's the attention and recognition that comes from others. This is similar to the belongingness level, however, wanting admiration has to do with the need for power. People who have all of their lower needs satisfied; often drive very expensive cars because doing so raises their level of esteem. "Hey, look what I can afford-peon!"

SELF-ACTUALIZATION

[Self: *Self-actualization*]



The need for self-actualization is "the desire to become more and more what one is, to become everything that one is capable of becoming." People who have everything can maximize their potential. They can seek knowledge, peace, esthetic experiences, self-fulfillment, and oneness with God, etc. It is usually middle-class to upper-class students who take up environmental causes, join the Peace Corps, go off to a monastery, etc.