

Maslow's Hierarchy of Needs

(Maslow, 1943)

Self-Actualization

morality,
creativity,
spontaneity,
problem solving,
lack of prejudice,
acceptance of facts

Esteem

self-esteem, confidence,
achievement, respect of
others, respect by others

Love/Belonging

friendship,
family,
sexual intimacy

Safety

security of body, of employment,
of resources, of morality,
of the family, of health, of property

Physiological

breathing, food,
water, sex, sleep,
homeostasis, excretion