

# Maslow's Hierarchy of Needs

## There are 5 levels of needs in Maslow's hierarchy:

1. Biological and Physiological needs - air, food, drink, shelter, warmth, sex, sleep.
2. Safety needs - protection from elements, security, order, law, limits, stability, freedom from fear.
3. Social Needs - belongingness, affection and love, - from work group, family, friends, romantic relationships.
4. Esteem needs - achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others.
5. Self-Actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.

## Illustrated the hierarchy looks like this:



### Deprivation Needs

The first four levels are considered *deficiency* or *deprivation needs* in that their lack of satisfaction causes a deficiency that motivates people to meet these needs. *Physiological needs*, the lowest level on the hierarchy, include necessities such as air, food, and water. These tend to be satisfied for most people, but they become predominant when unmet. During emergencies, *safety needs* such as health and security rise to the forefront. Once these two levels are met, *belongingness needs*, such as obtaining love and intimate relationships or close friendships, become important. The next level, *esteem needs*, include the need for recognition from others, confidence, achievement, and self-esteem.

### Growth Needs

The highest level is *self-actualization*, or the self-fulfillment. Behavior in this case is not driven or motivated by deficiencies but rather one's desire for personal growth and the need to become all the things that a person is capable of becoming (Maslow, 1970).

This document forms part of my materials developed for HELM  
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