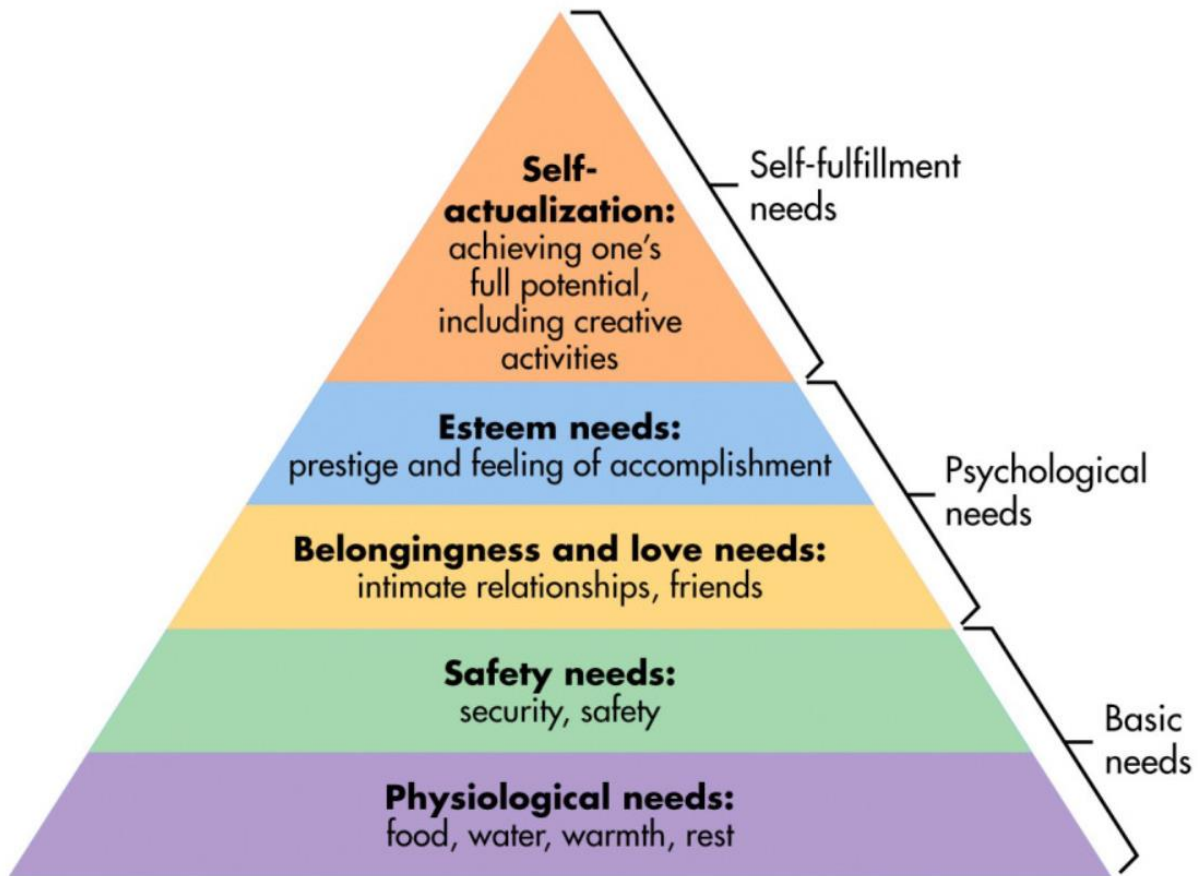


# Maslow's Hierarchy of Needs



## Physiological Needs

Needs which are required for human survival such as:

- Air
- Food
- Water
- Shelter
- Clothing
- Sleep

## Safety Needs

Needs that provide a person with a sense of security, well-being, and freedom from physical and emotional harm:

- Living in a safe area
- Medical insurance
- Job security
- Financial reserves
- Good health
- Protection from harm

## Belongingness and Love (Social) Needs

Once a person has met the lower level of needs, higher level motivators awaken. Social needs are needs related to interaction with others and may include friendship, a sense of family and community, and intimacy. These are important to humans so that they do not feel alone, isolated, and depressed.

## Esteem Needs

After a person feels that they belong, the urge to attain a degree of important emerges. Esteem needs can be categorized as external or internal motivators. Esteem needs are the need for self-esteem and respect and may include:

### External Motivator

- Recognition
- Attention
- Social Status

### Internal Motivator

- Accomplishment
- Self-Respect

## Self-Actualization

The quest of reaching one's full potential as a person leads to the summit of Maslow's motivation theory. Unlike lower level needs, this need is never fully satisfied; as one grows psychologically, there are always new opportunities to grow. Self-actualized people tend to have motivators such as:

- Truth
- Justice
- Wisdom
- Meaning

Self-actualized people have frequent occurrences of *peak experiences*, which are energized moments of profound happiness and harmony.

## Needs List

### CONNECTION

Acceptance  
Affection  
Appreciation  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Love  
Mutuality  
Nurturing  
Respect/Self-Respect  
Safety

Security  
Stability  
Support  
To Know/  
To Be Known  
To See/  
To Be Seen  
To Understand/  
To Be Understood

Trust  
Warmth  
**HONESTY**  
Authenticity  
Integrity  
Presence

### PLAY

Joy  
Humor  
**PEACE**  
Beauty  
Communion  
Ease

Equality  
Harmony  
Inspiration  
Order  
**PHYSICAL WELL-  
BEING**

Air  
Food  
Movement/  
Exercise  
Rest/Sleep  
Sexual Expression

Safety  
Shelter  
Touch  
Water

### MEANING

Awareness  
Celebration of life  
Challenge  
Clarity  
Competence

Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth

Hope  
Learning  
Mourning  
Participation  
Purpose  
Self-Expression

Stimulation  
To Matter  
Understanding

### AUTONOMY

Choice  
Freedom  
Independence  
Space  
Spontaneity

*Feelings when your needs are satisfied*

**AFFECTIONATE**

Compassionate  
Friendly  
Loving  
Open hearted  
Sympathetic  
Tender  
Warm

**CONFIDENT**

Empowered  
Open  
Proud  
Safe

**ENGAGED**

Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Enraptured

Fascinated  
Interested  
Intrigued  
Involved  
Spellbound  
Stimulated

**INSPIRED**

Amazed  
Awed  
Wonder

**EXCITED**

Amazed  
Animated  
Ardent  
Aroused  
Astonished  
Dazzled  
Eager  
Energetic  
Enthusiastic

Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Vibrant

**EXHILERATED**

Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled

**GRATEFUL**

Appreciative  
Moved  
Thankful  
Touched

**HOPEFUL**

Expectant  
Encouraged  
Optimistic

**JOYFUL**

Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled

**PEACEFUL**

Calm  
Clear headed  
Comfortable  
Centered  
Content  
Equanimity  
Fulfilled

Mellow

Peace  
Quiet  
Relaxed  
Relieved  
Satisfied  
Serene  
Still  
Tranquil  
Trusting  
**REFRESHED**  
Enlivened  
Reinvigorated  
Rejuvenated  
Renewed  
Rested  
Restored  
Revived

*Feelings when your needs are not satisfied*

**AFRAID**

Apprehensive  
Dread  
Foreboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried

**ANNOYED**

Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irrked

**ANGRY**

Enraged  
Furious  
Incensed  
Indignant  
Urate  
Livid  
Outraged  
Resentful

**AVERSION**

Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrorified  
Hostile  
Repulsed

**CONFUSED**

Ambivalent  
Baffled  
Bewildered  
Dazed  
Flummoxed  
Hesitant  
Lost  
Mystified  
Perplexed  
Puzzled  
Torn

**DISCONNECTED**

Alienated  
Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Indifferent

Numb  
Removed  
Uninterrred  
Withdrawn

**DISQUIET**

Agitated  
Alarmed  
Disconcerted  
Disturbed  
Perturbed  
Rattled  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Turbulent  
Turmoil;  
Uncomfortable  
Uneasy  
Unnerved  
Unsettled  
Upset

**EMBARRASSED**

Ashamed  
Chagrined  
Flustered  
Guilty  
Mortified  
Self-Conscious  
**Fatigue**  
Beat

Burnt Out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Wearry  
Worn Out

**PAIN**

Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely  
Miserable  
Regretful  
Remorseful

**SAD**

Depressed  
Dejected  
Despair  
Despondent  
Disappointed  
Discouraged  
Disheartened  
Forlorn  
Gloomy  
Heavy Hearted

Hopeless  
Melancholy  
Mournful  
Unhappy  
Wretched

**TENSE**

Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed Out

**VULNERABLE**

Fragile  
Guarded  
Helpless  
Insecure  
Leery  
Reserved  
Sensitive  
Shaky  
**YEARNING**  
Envious  
Jealous  
L longing

# Maslow's Hierarchy of Needs Worksheet

<b>Hierarchy of Needs</b>	<b>Ways You Currently Meet These Needs</b>	<b>New Practices to Meet These Needs</b>
<b>Physiological Needs</b>  Basic human needs such as food, water, and comfort		
<b>Safety Needs</b>  The desire for security, stability, and safety		
<b>Social Needs</b>  The desire for affiliation including friendship and belonging		
<b>Esteem Needs</b>  The desires for self-respect, and respect and recognition from others		
<b>Self-Actualization Needs</b>  The desire for self-fulfillment		