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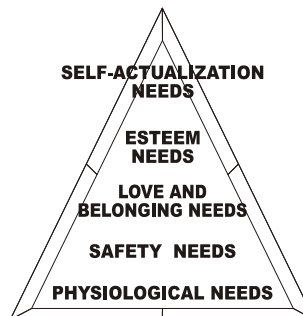
ABRAHAM MASLOW

Psychologists study mental processes and behavior. Most early psychologists studied people who had problems, but Abraham Maslow (born 1908 – died 1970) studied people who were satisfied with their lives. Maslow decided that people want to be happy and loving, but often there are particular needs that keep people from happiness.

Maslow believed most people want more than they have. Once a person meets their most basic needs, they develop higher needs. Maslow said, “As one desire is satisfied, another pops up in its place.”

Maslow created a Hierarchy of Needs; a pyramid with five levels. Maslow argued that once the lower level of needs were met, people develop higher levels until they reach a stage he called “self-actualization.” Maslow's Hierarchy of Needs includes these five levels:

- **Physiological needs.** Biological necessities such as food, water, and oxygen. These needs are the strongest because a person would die if they were not met.
- **Safety needs.** People feel unsafe during emergencies, or times of disorder like rioting. Children more commonly do not have this need met when they feel afraid.
- **Love and belonging needs.** The need to escape loneliness and alienation, to give and receive love, and to have a sense of belonging. These needs are usually met within a family.



- **Esteem needs.** The need to feel valuable, to have self-respect and the respect of others. If a person does not fulfill their esteem needs, they feel inferior, weak, helpless, and worthless.
- **Self-actualization needs.** Maslow taught that a very small group of people reach a level called self-actualization, where all of their needs are met. Maslow described self-actualization as a person's finding their “calling.” He said, “a musician must make music, an artist must paint, and a poet must write.”



Many people confuse self-actualization with fame or fortune, but often this is not the case. While wealthy or celebrated people might reach self-actualization, many people who have reached the highest level of happiness are unknown beyond their circle of family and friends.

According to Maslow's theory, civilization developed because people wanted more and sought to improve their circumstances. Once people met their physiological needs and felt safe, they began to develop a culture and an advanced civilization.

Fill in the Blanks

Abraham Maslow was a psychologist who observed that humans will always want more than they have. Maslow described a Hierarchy of Needs. He said the most elementary human needs are food, water and oxygen. Once those basic needs are met, Maslow said that humans seek safety.

According to Maslow, most people will always want more than they have, but there are some rare exceptions. According to Maslow, a small group of people reach self-actualization where they are completely happy, and all of their needs are met.

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Answer in complete sentences

Use the passage on the preceding page to find the correct answers.

*1. Refer to Maslow's hierarchy of needs. Describe at least three things that would keep you from being a good student if your most important needs were not met.

*2. Write a short sentence describing how you do meet or could meet each of Maslow's Hierarchy of Needs.
Physiological Needs:

Safety Needs:

Love and Belonging Needs:

Esteem Needs:

*3. What do you feel you need in order to reach self-actualization?

*4. Think of a famous person who you believe has reached self-actualization. Describe why you believe they have reached this state. (You might consider Oprah Winfrey, Bill Gates, Michael Jordan or anyone else.)

*5. What would your parent need to reach self-actualization? (You may ask a parent to write this answer for you. If a parent is not available, think of your best answer on your own.)

*This is a higher order learning question. You must answer the question to the best of your ability, but any reasonable answer will be graded as correct.