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:

<table>
<thead>
<tr>
<th>External Motivator</th>
<th>Internal Motivator</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Recognition</td>
<td>• Accomplishment</td>
</tr>
<tr>
<td>• Attention</td>
<td>• Self-Respect</td>
</tr>
<tr>
<td>• Social Status</td>
<td></td>
</tr>
</tbody>
</table>

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
- 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
Entranced

**INSPIRED**
Amazed
Awed
Wonder

**EXCITED**
Amazed
Animated
Aroused
Astonished
Dazzled
Eager
Energetic
Enthusiastic

**FASCINATED**
Invigorated
Lively
Passionate
Surprised
Vibrant

**EXULTED**
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

**AFRAID**
Apprehensive
Dread
Foreboding
Frightened
Mistrustful
Panicked
Petified
Scared
Suspicious
Terrified
Wary
Worried

**ANNOYED**
Aggravated
Dismayed
Disgruntled
Displeased
Exasperated
Frustrated
Impatient
Irritated
Irked

**ANGRY**
Enraged
Furious
Incensed
Indignant
Urge
Livid
Outraged
Resentful

**AVersion**
Animosity
Appalled
Contempt
Disgusted
Dislike
Hate
Hostile
Repulsed

**CONFUSED**
Ambivalent
Baffled
Bewildered
Dazed
Flummoxed
Hesitant
Lost
Mystified
Perplexed
Puzzled
Torn

**DISCONNECTED**
Alienated
Alone
Apathetic
Bored
Cold
Detached
Distant
Distracted
Indifferent

**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
Weary
Worn Out

**PAIN**
Agony
Anguished
Bereaved
Devastated
Grief
Heartbroken
Hurt
Lonely
Miserable
Regretful
Remorseful

**SAD**
Depressed
Dejected
Despair
Discontent
Disappointed
Discouraged
Disheartened
Forlorn
Gloomy
Heavy Hearted

**REFRESHED**
Enlivened
Reinvigorated
Rejuvenated
Renewed
Rested
Restored
Revived

**TENSE**
Anxious
Cranky
Distressed
Distracted
Edgy
Fidgety
Frazzled
Irritable
Jittery
Nervous
Overwhelmed
Restless
Stressed Out

**VULNERABLE**
Fragile
Guarded
Helpless
Insecure
Leery
Reserved
Sensitive
Shaky

**YEARNING**
Envious
Jealous
Longing

**Feelings when your needs are not satisfied**

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## Maslow’s Hierarchy of Needs Worksheet

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<th>New Practices to Meet These Needs</th>
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<td>The desire for security, stability, and safety</td>
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<td>The desire for affiliation including friendship and belonging</td>
<td></td>
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<tr>
<td><strong>Esteem Needs</strong></td>
<td>The desires for self-respect, and respect and recognition from others</td>
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</tr>
<tr>
<td><strong>Self-Actualization Needs</strong></td>
<td>The desire for self-fulfillment</td>
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