Contents

DIAGRAM OF MASLOW'S HIERARCHY OF NEEDS 1
PHYSIOLOGICAL NEEDS 2
SAFETY NEEDS 2
BELONGING AND LOVE NEEDS 3
COGNITIVE NEEDS 3
ESTEEM NEEDS 4
AESTHETIC AND SELF-ACTUALIZATION 5
NOVELTY AND EXPLORATION 5
TRANSCENDENCE 6
REFERENCES: 7

DIAGRAM OF MASLOW'S HIERARCHY OF NEEDS



PHYSIOLOGICAL NEEDS

1. **Includes those needs that are vital to survival like food, water, breathing, sex, thirst, temperature regulation, shelter, clothing, etc.**
2. They are the foundational requirements for survival and lay the groundwork for pursuing the higher-level needs and personal growth
3. Not every need may hold the same importance for everyone but you cannot fulfill your other goals, desires or needs without this.
4. When I feel anxious, the first thing I would think of is food, especially sweet. Whenever the class ends or I complete a very intense task which requires either physical or mental hard work, receiving food as a reward would give me bliss and satisfy me.

SAFETY NEEDS

- **Includes needs like financial security, health and wellness, safety against accidents and injury- finding a job, contributing money to a savings account, living in a safe neighborhood or family security.**
- I am a childhood trauma survivor and there has been times when I have felt an extreme threat towards loss of parents, thrown out of house amidst quarrels between the two parties, sacrificing wishes to not be a financial burden, losing friends
- So when I think back to previous times, it brings emotional distress to me and makes me value the importance of safety needs in a child's life as it shapes not just adulthood behavior and life but also overall personal growth and makes an individual resilient to further similar challenges.
- If my safety need had not been compromised early, I would not have developed trust issues, and disorganized attachment styles.

BELONGING AND LOVE NEEDS

- **Need for emotional relationships drive human behavior which includes friendship, romantic attachments, family relationships, social groups, community groups, and religious organizations – the need to be with others and belong**

- Being a sensitive person, I believe that the relationships you form in every part of your lifespan shapes the way you think, the way you behave and the way you will feel or perceive these positive feelings.
- No matter how many challenges you can withstand alone, without love, support, and care of others, you are more likely to break down. Human beings are social animals with an inherent need to form intimate relationships and fit in.
- Unless this need is met, I cannot focus on other essential tasks that might require immediate attention. I crave deep conversations with people I feel close to, I dislike small talk because it drains me- being hugged or heard assures me and keeps me protected from my internal fears. Spending quality time with little acts of kindness is what I feel to be important in any relationship.

COGNITIVE NEEDS

- **Includes the need for constant mental stimulation and challenging tasks, knowledge and understanding, curiosity, and need for meaning and predictability**
- If you do not have the desire to learn about micro to macro things, you can never lead a conversation. I put education on the pedestal- and education is not just about academic, bookish matters, it's more about forming an opinion, a self-concept about the world you live in.
- It not just gives you job security, or a status in society or money for the matter - it builds a mindset with which you will make significant future decisions that will influence not just you and your closed ones but also the society and world.
- My parents have made sure I received the best education, I participated in intellectual competitions like Olympiads, NELTAS, public speaking and various other opportunities to push me forward and strengthen this need.

ESTEEM NEEDS

- **Need to achieve, be competent, gain approval and recognition so participation in professional activities, academic accomplishments, athletic or team participation, and personal hobbies and feel like they are contributing to the world**

- Being a sensitive person, I often take criticisms to heart. I am trying to change this behavior but I do get swayed by other's opinions about me and want to feel accepted and recognized by people around me - but it is not as important as my desire to be the best version of myself on my own.
- Being praised or given feedback for the efforts I did in class activity or assignment or appreciated for my creative work, will reinforce me to do it much better next time.

AESTHETIC AND SELF-ACTUALIZATION

- **Aesthetic needs include appreciating symmetry, order, balance, and beauty whereas self-actualization as Maslow defined, "full use and exploitation of talents, capabilities, potentialities, etc. Such people seem to be fulfilling themselves and to be doing the best that they can do. They are people who have developed or are developing to the full stature of which they can do." Thus, finding self-fulfillment and realizing one is potential**
- Not everyone has the same interest or exposure to culture, art, beauty and aesthetics but I appreciate it deeply, it gives me a way to escape from the demands and stresses of everyday life.
- Be it music, literature, art - I find solace and relaxation allowing me to express my individuality. I have put them on the same level because aesthetics adds to the richness and variety to my life thus contributing to an overall sense of fulfillment and a higher quality of life by offering experiences i.e., mostly internal that go beyond the mundane.
- Whether it involves enjoying the visual beauty of art, the sound of music, or the taste of fine cuisine, it provides me with immediate gratification and enjoyment.

NOVELTY AND EXPLORATION

- **This is not included in Maslow's hierarchy but I find it to be essential for my life.**
- **It includes the need for new experiences, challenges, and exploration, which can contribute to personal growth and fulfillment**
- I love challenging adventures, just like a movie where everything is unpredictable and going with the flow of where life takes you, for example

getting drenched in rain, bungee jumping, or paragliding, doing solo travel, meeting new people with different cultures and backgrounds makes me extremely excited and enthusiastic like a child.

- I dislike routine life where every single day is the same. Fulfilling this need give me a broader idea of what I am capable of, fuel my creativity and curiosity, enhance my ability to approach problems from multiple angles and make me adaptable to uncertainty and change = overall personal growth

TRANSCENDENCE

- **Includes finding spiritual meaning beyond one's immediate self-i.e., a person is motivated by values and realizations that transcend beyond the personal self**
- It is more like connecting with a spiritual or cosmic dimension of yourself. I am a spiritual person- I believe in energy, vibration, fate, karma, unconscious power, and all things that cannot be explained completely by logic or science.
- It provides me with a profound sense of purpose- gives meaning to my goals and aspirations, fosters empathy and compassion for all living beings, evokes positive emotions of peace, wonder and joy.
- Practicing meditation and journaling gives me a feeling of transcendence reducing stress of worldly affairs and offers comfort when facing difficulties, makes me an observer of the situation rather than the participant which makes it easier to find a solution and shift my focus from superficial desires to a higher cause. It is the ultimate growth need.

REFERENCES:

- Ciccarelli, S.K. and White, J.N. (2021) *Psychology*. Upper Saddle River: Pearson.
- Kendra Cherry, Mse. (2022) *How Maslow's hierarchy of needs explains human motivation*, *Very well Mind*. Available at: https://www.verywellmind.com/what-is-maslows-hierarchy-of-needs-4136760
- *Maslow's hierarchy of needs* (2023) *Wikipedia*. Available at: https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs#:~:text=Transcendence%20needs,Main%20articles%3A%20Transcendence&text=In%20his%20later%20years%2C%20Maslow,example%2C%20in%20altruism%20or%20spirituality.