Hierarchy of Needs

Abrahar, Maslow

SELF

SOCIAL

PHYSICAL

Achieve Autonomy
Realize Own Potential,
Order/Harmony/Justice,
Truth & Spiritual Goals, Privacy, Beauty, Help Others

Aesthetic & Cognitive Knowledge, Understanding, Comprehension, Exploration, Novelty, Environmental & Personal Mastery

Dignity, Respect, Recognition, Self-Esteem,

Esteem Individuality, Sexual Personal Identity; Competence

Security, Love, Communicate,

Love Affection & Companionship; Affiliate/Belong/Relate

Safety

Physiological

Free from Fear, Threat, Injury;
Depend on others; Orientate Self, Comfort

Fluid, Food, Shelter, Clothing, Comfort, O2, Eliminate, Sense, Exercise, Rest