

| CATEGORY OF NEED | SPECIFIC EXAMPLES | MOUNT MASLOW |
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| Self-actualization | <ul style="list-style-type: none"> • Self-expression • Personal growth • Autonomy • Spontaneity • Veridical self-assessment | |
| Esteem | <ul style="list-style-type: none"> • Self-esteem • Self-respect • Sense of mastery • Prestige • Respect from others | |
| Belonging and love | <ul style="list-style-type: none"> • Love others • Be loved by others • Trust others • Sexual intimacy • Belong to a group | |
| Safety | <ul style="list-style-type: none"> • Economic safety • A sense of control • Predictability • Psychological safety • Physical safety | |
| Physiological | <ul style="list-style-type: none"> • Hunger • Thirst • Warmth • Sleep • Respiration | |

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