

ABRAHAM MASLOW

(1908-1970)

Maslow's core tendency of Personality: Self actualization

“Experiencing fully, vividly, selflessly, with full concentration and total absorption [the moment].”
(Maslow, 1972)

Hierarchy of Needs

Holistic-dynamic theory

THE BASIC NEEDS

Physical Needs

Homeostasis

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Safety Needs

“If the physiological needs are relatively well gratified, there then emerges a new set of needs, we may categorize roughly as the safety needs (security; stability; dependency; protection, freedom from fear, from anxiety and chaos; need for structure, order, law limits; strength in the protector; and so on). Maslow, 1954, 1970 rev

The Belongingness and Love Needs

“If both the physical and safety needs are fairly well gratified, there will emerge the love and affection and belongingness needs. . .The person will feel keenly, as never before, the absence of friends, or a sweetheart, or a wife, or children. He will hunger for affectionate relations with people in general, namely, for a place in his group or family, and he will strive with great intensity to achieve this goal.” Maslow 1954, 1970rev p 43

Esteem Needs

Self-esteem leads to feelings of self-confidence, worth, strength, capability, and adequacy, of being useful and necessary in the world.

The Need for Self-Actualization

Even if all these needs are satisfied, we may still often (if not always) expect that a new discontent and restlessness will soon develop, unless the individual is doing what *he*, individual is fitted for. A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. **What a man *can* be, he *must* be.**

Characteristics Self Actualization

1. Self actualization means experiencing fully, vividly, selflessly, with full concentration and total absorption
2. Self-actualization is an ongoing process
3. Self-actualization implies that there is a self to be actualized.
4. When in doubt, he or she is honest rather than not.
5. He dares to listen to himself, *his own self*, at each moment in life and to say calmly, “No, I don’t like such and such.”A person comes to know what his destiny is [and]. . . what his mission in life will be.
6. Self actualization is not only an end state but also the process of actualizing one’s potentialities at any time, in any amount.
7. Peak experiences are transient moments of self-actualization.
8. Finding out who one is, what he is, what he likes, what he doesn’t like, what is good for him, and what bad, where he is going and what his mission is.

Being-Values or B-Values

Self-actualizing people are, without one single exception, involved in a cause outside their own skin, in something outside of themselves. They are devoted, working at something, something which is very precious to them—some calling or vocatoin in the old sense. . .All, in one way or another, devote their lives to the search for what I have called the “being values, the ultimate values which are intrinsic, which cannot be reduced to anything more ultimate. Maslow, 1971

Being-values

Truth
Goodness
Beauty
Wholeness
Aliveness
Uniqueness
Perfection
Justice
Order
Effortlessness
Playfulness