

Maslow's Hierarchy of Needs

Level	Type of Need	Examples
1	Physiological	thirst, sex, hunger
2	Safety Security	stability, protection
3	Love and Belongingness	to escape loneliness, love and be loved, and gain a sense of belonging
4	Esteem Self-respect	the respect others
5	Self-actualization	fulfill one's potentialities

Assumption



People are basically good. Destructive behavior is a reaction to the frustration incurred when basic needs are not met.