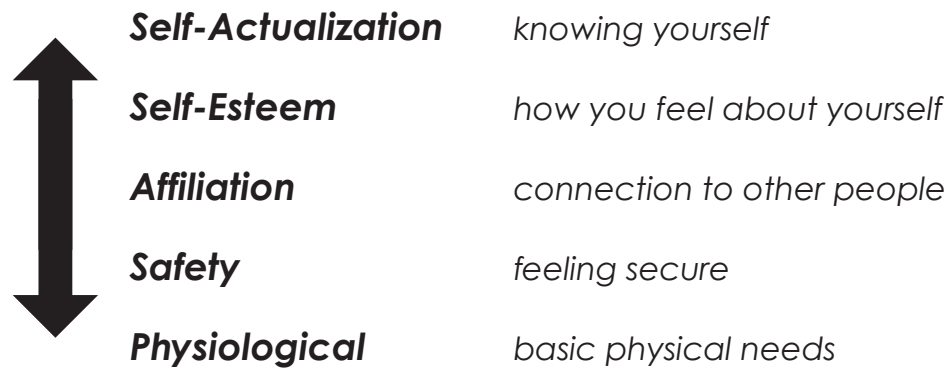


## Basic Human Needs



- The first need is **PHYSIOLOGICAL**. This is your need to stay alive. What do you need to survive? Air, water, food, sleep and exercise are essential. These maintain your physical needs and help you stay healthy.
- **SAFETY** is the second need. It is necessary to feel safe and secure. You need to feel safe in your home and the places in which you spend most of your time. You also need to know the rules and what is expected of you.
- The third basic need is **AFFILIATION**. This is the need to be connected and cared for by other people, such as family, friends, church and neighbors. This need includes being a good listener, communicating clearly with others, caring about others and having friends who care about you.
- The fourth level of need is **SELF-ESTEEM**. This is your need to feel good about yourself. Self-Esteem includes knowing what you do well, believing in yourself, looking for the positive instead of the negative, feeling needed and important and setting the dreams and goals you want to accomplish.
- The final and highest need is called **SELF-ACTUALIZATION**. This means becoming the best you can be. At this level, you develop your talents more each day. You work towards your goals without giving up or being told. You are independent and want to do things to help other people. You want to help make the world a better place.