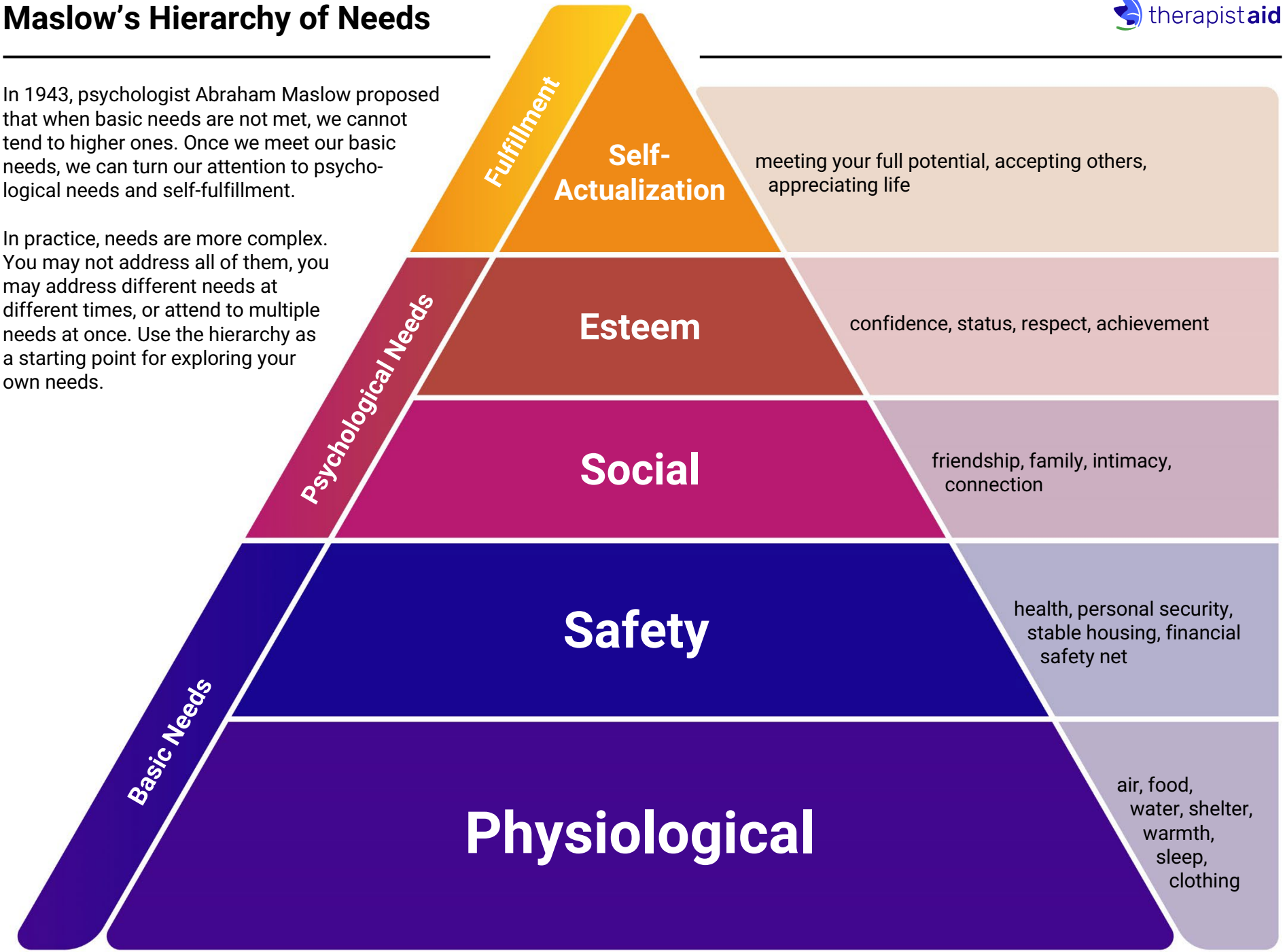
Maslow's Hierarchy of Needs

In 1943, psychologist Abraham Maslow proposed that when basic needs are not met, we cannot tend to higher ones. Once we meet our basic needs, we can turn our attention to psychological needs and self-fulfillment.

In practice, needs are more complex. You may not address all of them, you may address different needs at different times, or attend to multiple needs at once. Use the hierarchy as a starting point for exploring your own needs.



© 2024 Therapist Aid LLC