

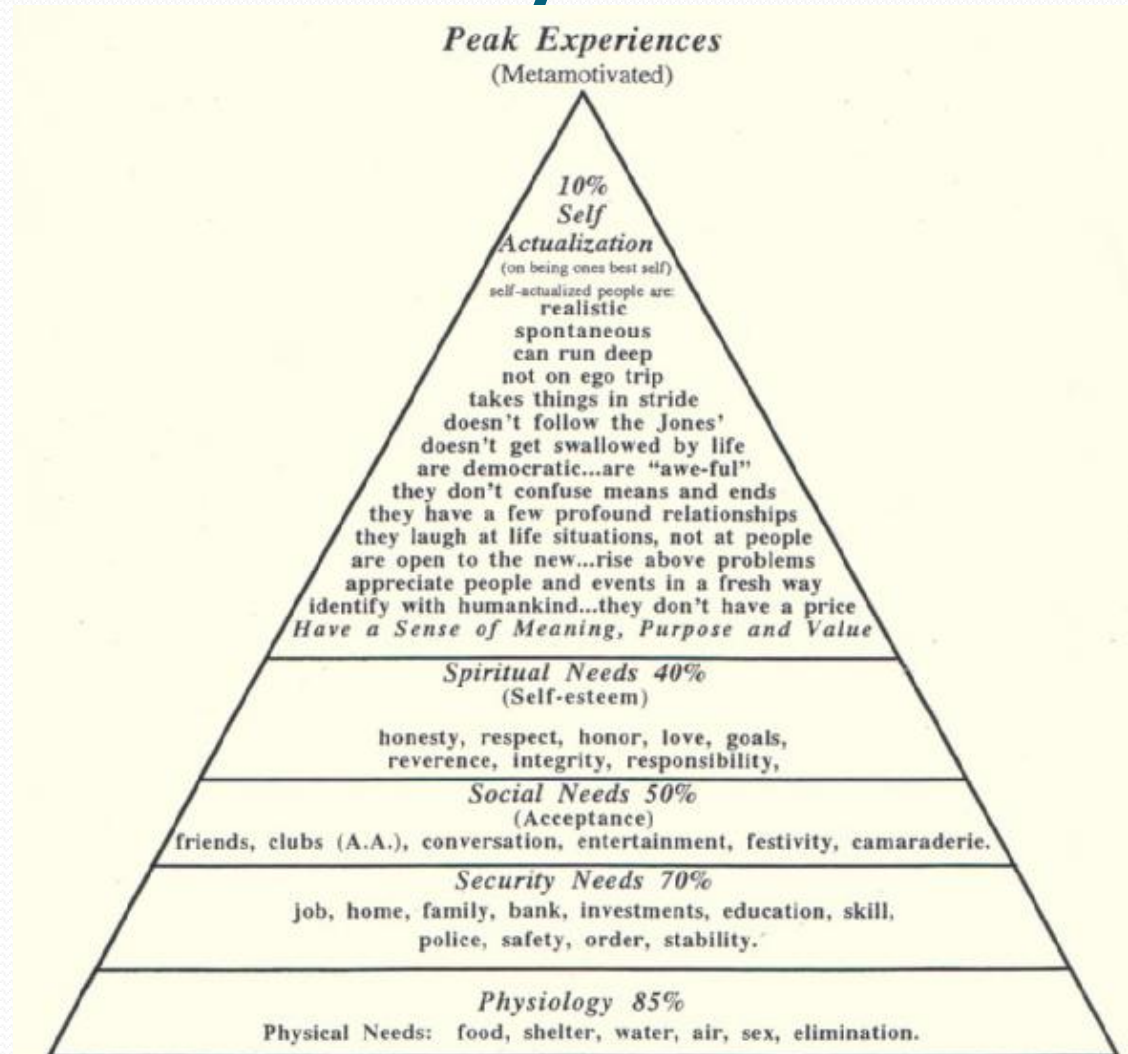
MASLOW

Hierarchy of Needs

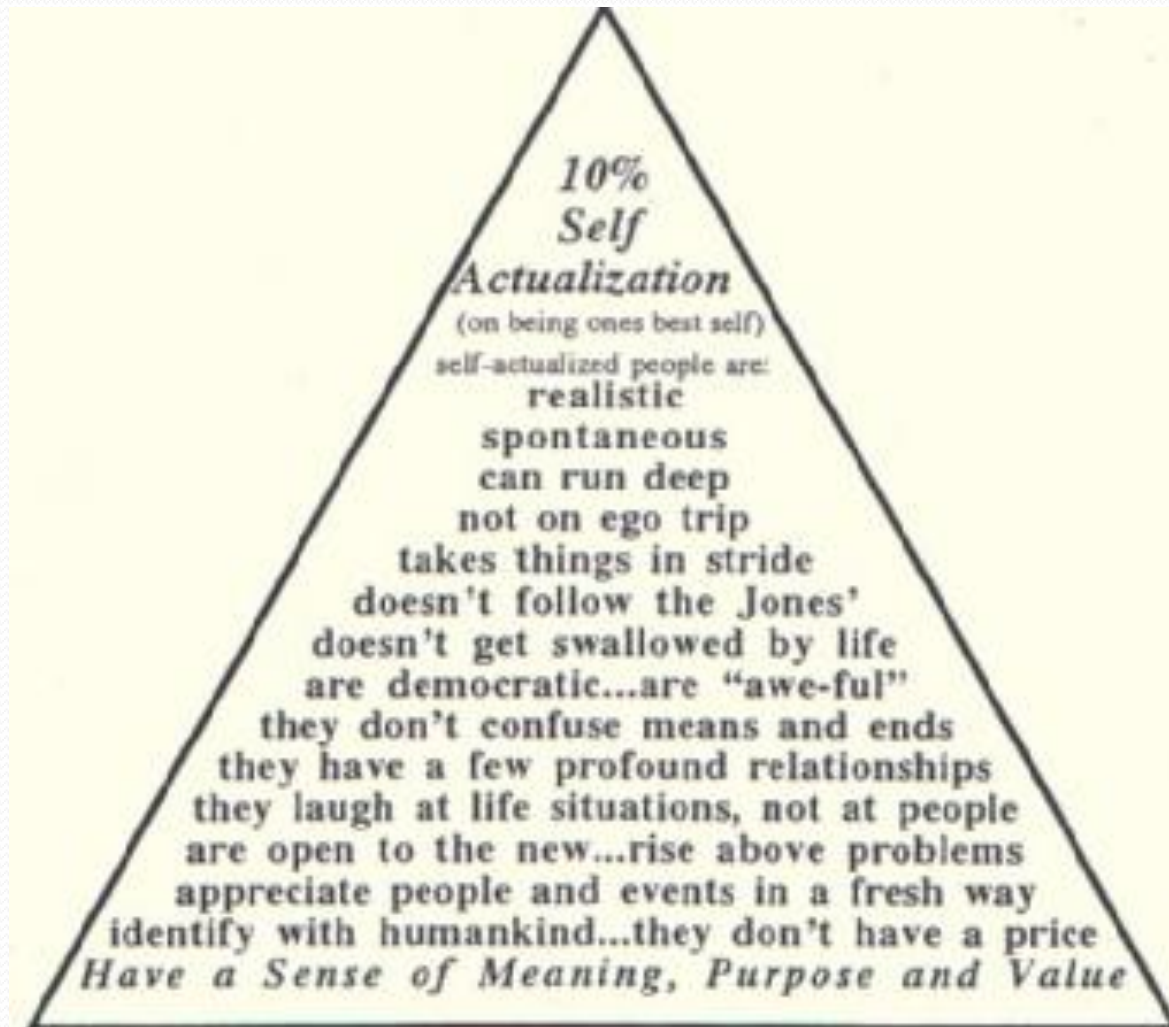
Characteristics of Actualized People

Self Actualization

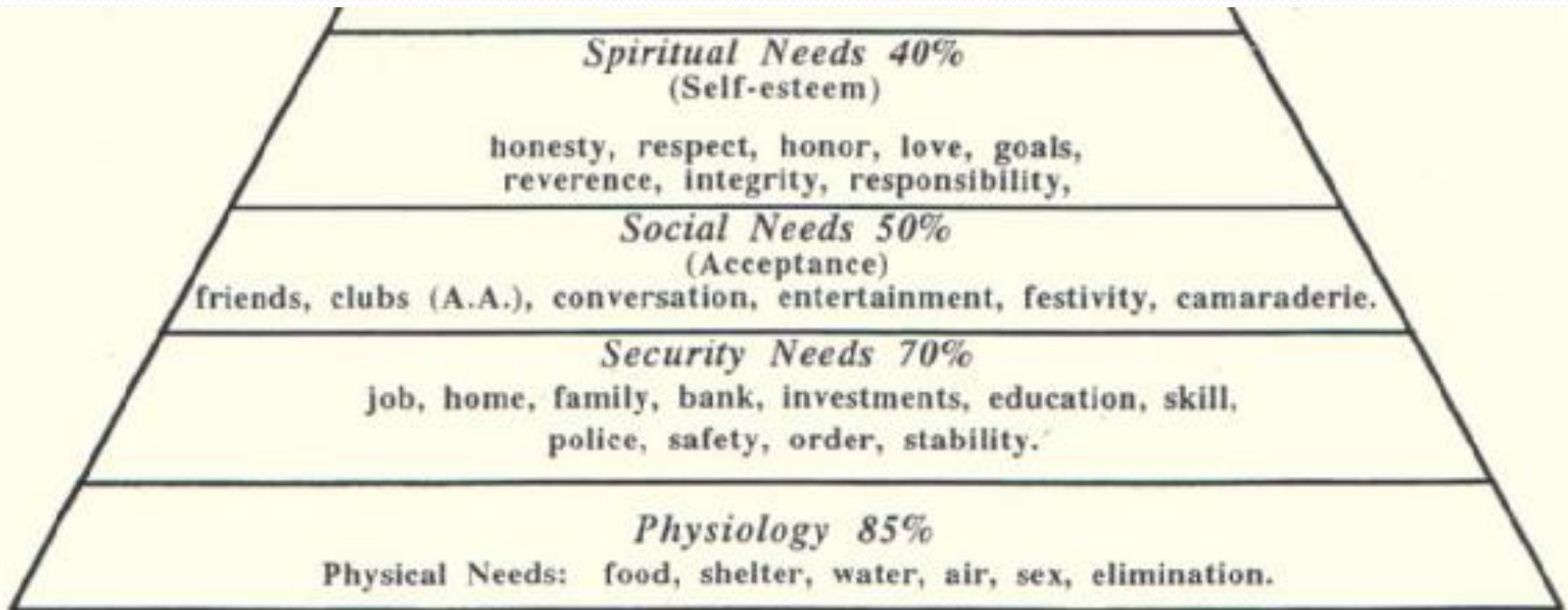
Hierarchy of Needs



Hierarchy of Needs



Hierarchy of Needs



Characteristics of Actualized People

Actualized people (recovering people) are:

1. Realistic, no longer live in denial and wishful thinking
2. Take things in stride
3. Spontaneous
4. Humble, not on an ego trip
5. Do not get swallowed up by life; are able to move with the ebbs and flows of life

Characteristics of Actualized People

Actualized people (recovering people) are:

6. Awe-full, are able to find and appreciate beauty in the midst of dreariness
7. Can run deep, are not superficial
8. Identify with humankind
9. Have few deep relationships
10. Share power in relationships

Characteristics of Actualized People

Actualized people (recovering people) are:

11. Does not confuse means with ends (there is no such thing as ends, everything is process)
12. Laugh's at life's situations (not at people)
13. Are open to the new (risk)
14. Do not follow the Jones's
15. Rise above problems

Self Actualization

On Being One's Best Self

A great deal has been said about how forces outside of ourselves influence our thinking and sometimes get us into difficulties. We may forget the obvious fact that we too have some control over the kind of person we become.

Self Actualization

On Being One's Best Self (con't)

One way to become one's best self is to emulate the characteristics of worthy models. A. H. Maslow's study of self actualizing personalities is a good starting place. How do you match up with his ideal? The following summary might point out some areas you'd like to work on.

Self Actualization

Self-Actualized People:

1. Are realistic. They do not constantly revel in pipe-dreams. They recognize but are not victims of their circumstances. They work for their goals.
2. Take things in stride. They are down to earth. They accept themselves, others, and the world for what they are. They are aware of what is right, what is wrong, and what is possible.

Self Actualization

Self-Actualized People:

3. Are spontaneous. They're not always uptight. They are themselves. They allow others to be themselves.
4. Are not on an ego trip. They do not begin every sentence with "I". They are problem centered, not self-centered.
5. Don't get swallowed by life. They respect their own need for privacy and detachment. They know their own personal limitations. They pace themselves. They don't burn themselves out before their time.

Self Actualization

Self-Actualized People:

6. Are 'awe-full'. They appreciate people and events in a fresh way. As beholders, there is a lot of beauty in their eyes.
7. Can run deep. They don't focus constantly on the superficial. They can see below the surface of things.
8. Identify with humankind. They are not religiously, ethnically, or racially parochial.

Self Actualization

Self-Actualized People:

9. Have a few profound relationships. They are known and loved deeply by a few special intimates.
10. Are democratic. They elicit respect and take into account the feelings, desires, and aspirations of others, even when they don't have to.
11. Don't confuse means and ends. They would never say and really mean: "I would do anything in the world to..." They don't have their price.

Self Actualization

Self-Actualized People:

12. Laugh at life situations, not at people. Their sense of humor is not hostile; it is philosophical.
13. Are open to the new. They are creative and like to see creative things and be around creative people. They are not easily threatened by differentness.
14. Do not follow the Jones's. They do not conform. They have their own standards and stick to them.
15. Rise above problems. They are not submissive. They are not satisfied simply to cope with problems; they work to remove them.