Hierarchy of Needs

Adapted from Maslow's Hierarchy of Needs, 1943 and Caudill & Drake's Pyramid of Intimacy, 2020

Soul-Filling

Creativity, Exploration, Relaxation

Self-Actualization

Self-Worth, Self-Esteem, Confidence, Sexuality, Respect from Others

Support

Connection, Belonging, Friendship, Family, Vulnerability, Empathy

Safety

Financial Security, Physical Safety, Stability, Emotional Safety, Justice, Trust, Truth

Survival

Air, Water, Food, Sleep, Shelter

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Sahria