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| **Need Category** | **Needs that are being met** | **Needs that are NOT being met** | **Actions you can take to meet your needs** |
| **Physical:** breathing, water, food, sex, sleep, balance |  |  |  |
| **Safety:** security of body, employment, resources, family/friends, property, & environment |  |  |  |
| **Social:** belonging needs through friendships, family, & sexual intimacy |  |  |  |
| **Esteem:** self-esteem, confidence, achievement, respect of & from others |  |  |  |
| **Self-Actualization:** acceptance of facts, free of prejudice, strong problem solving, creativity, & and moral resolve |  |  |  |