

Quick self-test based on the 'Hierarchy of Needs'.

Read the following eight statements and tick below those that apply to you. There are no right or wrong answers. Interpretation guide below.

A I am successful in life and/or work, and I'm recognised by my peers for being so. I'm satisfied with the responsibility and role that I have in life and/or work, my status and reputation, and my level of self-esteem.

B I am part of, and loved by, my family. I have good relationships with my friends and colleagues - they accept me for who I am.

C My aim is self-knowledge and enlightenment. The most important thing to me is realising my ultimate personal potential. I seek and welcome 'peak' experiences.

D Aside from dieting and personal choice, I never starve through lack of food, nor lack of money to buy food. Aside from the usual trauma of moving house, I have no worry at all about having somewhere to live - I have 'a roof over my head'.

E I generally feel safe and secure - job, home, etc - and protected from harm. My life generally has routine and structure - long periods of uncontrollable chaos are rare or non-existent.

Interpretation:

- | | |
|--------------------------------|---|
| 1 Biological Needs | D |
| 2 Safety Needs | E |
| 3 Belongingness and Love Needs | B |
| 4 Esteem Needs | A |
| ----- | |
| 5 Self-Actualisation Needs | C |

circle

Maslow said that needs 1-4 are deficiency motivators and are generally satisfied in order when the previous need is fully or partially satisfied. If ticked above they are probably satisfied. If a need ceases to be satisfied there is less or no motivation to strive to maintain or satisfy higher level needs. Need 5 is a growth motivator and if ticked this is likely to be a focus of motivation. This test is based on Maslow's Hierarchy of Needs.

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