Physiological needs
Basic human needs  money, water, food, sleep and sex

Safety needs
(Security needs)
Needs for physical and psychological security and freedom from threat

Belonging needs
(Social needs)
Needs for love and friendship

Esteem needs
Needs for self-esteem and respect from others

Self-actualisation needs
Needs for self-fulfilment and growth

Figure 1.1
Maslow’s Hierarchy of Needs
(Adapted from Moorhead & Griffin 1995:83)