

Whitney Badge
Mrs. Kim
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Hierarchy of Needs

At the very base of my hierarchy of needs, I have my physiological needs. These consist of all of the things that are necessary for living a healthy and comfortable life. To sustain myself, I need food, water, and cleanliness on a regular basis. I also need protection from the elements and safety from things that might be dangerous to my well-being. These things are the foundation of my survival. Fulfilling these basic needs is the most important thing to my existence simply because it's pointless to pursue my other needs if I'm not alive. It is pointless to pursue greater needs and goals if my basic necessities are not established because I would be spending the majority of my time searching for ways to fill those needs.

The second stage of my development as a human being are my cognitive needs. Once I reach the point where my survival isn't something that I need to fight for, it is important to develop myself on an intellectual level. It is important to learn about not only educational topics, but about the world. I need to develop my cognitive abilities to a point where I can think for myself and make decisions on my own. For a long time, I have been taught how to think and how to feel about certain subjects. However, I need to establish my own foundation of thought that is unique to myself and nobody else. I need to be able to look at certain things in the world and understand why they are the way that they are. I need to be able to decide what I believe to be true and what I believe to be false. These cognitive abilities allow me to develop as an individual in the world. By establishing my own thoughts, beliefs, and opinions, I become stronger as a person.

The next level of my progress is the need for intrinsic motivation. Intrinsic motivation is a type of motivation based on taking pleasure in an activity rather than working towards an external reward. While my cognitive senses allow me to develop my abilities and intelligence, intrinsic motivation allows me to apply passion to those things. Therefore, having intrinsic motivation would allow me to pursue the things that I love and find success on my own terms. It's one thing for me to know how to play the piano, but if I apply my passion and love for music to this practice, my ability will turn into a genuine talent. If I envision my own personal goals, the only thing that could ever stand in the way is myself. By using intrinsic motivation to apply passion and drive to my ambitions and interests, I can create an even stronger foundation of who I am as a person.

The fourth stage of my hierarchy is the need to belong and to be accepted. My whole entire life, I have wasted so much time trying to please other people and to live up to the expectations of everyone else. I internalize all criticism that is placed against me and ask myself what I can do to better myself essentially to satisfy others. However, all of these efforts are made so that hopefully someone will be happy with the efforts that I make & the things that I do. Really all I want is for people to appreciate who I am and accept me. Unfortunately, I think that I waste a lot of time trying to please the wrong people. While I am trying to figure out where I fit in, the reality of the matter is that the people that will truly accept me will appreciate who I am. When I can truly have peace about where I belong (and where I don't), I think that I will be more content about who I am as a person.

After establishing where I belong, it is very important for my need for community to be fulfilled. By creating friendships with people who share in similar passions and support the same things that I do, I can create a strong friend base to be encouraged by. So much of our lives are spent gaining friends and losing friends. There are many people that we encounter in our day to day lives that we honestly have nothing in common with. Finding a core group of people who

are similar to me and share in my interests is pretty important. I am excited to graduate from high school because I would be able to establish a living pace in a good community, work in the same community, and go to school in the same community. By starting off in a new place, I would be able to create a network of people that I will associate myself with on a regular basis. All in all, it is important to have intrinsic motivation because passions can truly shine when one pursues it for themselves.

The last step of my hierarchy of needs is the result of self-actualization after conquering my previous goals. This stage of self-actualization would be the ultimate sigh of relief. At this point, I would feel completely happy about who I am and where I am in life. I would be able to analyze my life and be content about my progress. This state will take many years to actually conquer, especially if I have to go back to the bottom of the hierarchy of my structure due to environmental or situational changes.