

Basic Needs Intro Reading

Directions – Using the reading provided, answer the following questions. Don't forget the QAR clues.

1. In order to understand ourselves, we must first know our _____.
(Right There)
2. Explain how interdependence is important to a person's growth and development from childhood to adulthood. (Think & Search)
3. Basic Needs are divided into _____ and _____ needs.
(Right There)
 - a. Explain what is meant by physical needs: (Think & Search)
 - b. Explain what is meant by psychological needs: (Think & Search)
4. Explain Maslow's theory of Hierarch of human needs and how he categorized these needs.
(Think & Search)
5. What need(s) are considered to be the most basic and why? (Right There)

6. Complete the following chart. In column A list the needs in order of Maslow's Hierarchy. In column B briefly describe that level of need and in column C give at least 2 examples.

Maslow's Hierarchy of Needs

| Need (Right There) | Description (Think & Search) | Examples (2) (Author & Me) |
|-----------------------|---------------------------------|-------------------------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |

7. Explain why it is important to have challenge in your life. (Think & Search)
8. Give three examples of how you can bring challenge into your own life. (Author & Me)
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9. Explain how goals play a part in the way in which we meet our basic needs? (Think & Search)
10. Discuss how culture plays a part in how we meet our basic needs. (Think & Search)

11. Basic human behavior is guided by our basic needs. The following principles are true of most human behavior: (Right There /Think & Search)
- a. All human behavior is motivated by _____. Be behave in order to _____ or _____ these needs or to _____ to them.
 - b. _____ can make meeting needs more difficult.
 - c. Behavior with _____ resistance us usually chosen, no matter if it is _____.
 - d. The _____ and _____ effect our decisions.
 - e. Behavior varies depending on _____ of needs, goals & approval.
 - f. Satisfying our basic needs are influenced by _____, _____ and goals.
 - g. Behavior is directed by _____, _____ and _____ + _____ responses and _____.

***** The ultimate goal is to develop an adequate self that is capable of dealing with the demands of our needs & wants while maintaining our true selves! *****

