

# Overview of Maslow's Theory

## Humanist Psychology

- Humanist focus on \_\_\_\_\_
- Humanist do not believe that human beings are being pushed and pulled by \_\_\_\_\_, either of stimuli and reinforcements (behaviorism) or of the unconscious institution impulses (psychoanalysis).
- They believe that humans strive for an \_\_\_\_\_  
\_\_\_\_\_
- Humans seek the frontiers of creativity. \_\_\_\_\_ and  
\_\_\_\_\_

## Maslow Said

- All Human behavior is motivated by a \_\_\_\_\_  
\_\_\_\_\_
- In order for a person to keep striving towards the ultimate in his/her growth there has to be  
\_\_\_\_\_

## More Self Actualization

- Words that would describe Self-Actualizing.
- Examples of someone who is Self-Actualized.

## One more thought

- Some behavior may be more than one level.
- Example: Eating Dinner is both a \_\_\_\_\_ (food) and a  
\_\_\_\_\_ (social).