

## Chapter 10

1) The Maslow's Hierarchy of needs shows a pyramid that basically shows an ongoing cycle, a lifelong process of the human needs. At the bottom, it starts with the basic needs such as food, water, shelter and warmth. These are the psychological needs. Next, going up, we encounter the needs for safety, employment and assets. These are the security needs. As we go up the pyramid, we also see the need of family, friends, intimacy and belonging. This list of part of the social needs. Above the social needs, we see the esteem needs, that is made up of self-worth, accomplishment and confidence. And last, at the top, there is the self-actualization needs; made up of inner fulfillment. According to Maslow, it is very important to satisfy and address the needs at the bottom of the pyramid, before fulfilling the needs at the top.

8) For Kiana, being homeless is a big impediment to self-actualization because it's already tough for her to fulfill the basic needs. For example, food, water, shelter, employment, safety. She has to work hard enough to find the basics. Without having the basic things in life, finding self-actualization is very tough. No one dreams of being homeless, everyone dreams the opposite.

10) An example of intrinsic motivation could be giving because you feel good about yourself afterwards. Even if you are giving to another person, the reward is internal, and it's that you feel like a better person. Another example could be eating your favorite food. Eating what you like has nothing to do with other people, it's all about you and your personal preference. Once you eat, you feel satisfied.

## Chapter 11

76) With social media, I like to be as true as possible. That doesn't mean that I share everything, but it does mean that what I post or share, it's cuz I mean it. I share what I believe, I share what I feel like sharing. I don't share everything, but I try to be the same person all around. But it is most definitely something that many people go through. Social media has become a mask for people where "they can be whoever they want to be." It's pretty upsetting to know that social media can't even be fun and positive because you always have to be aware of what we watch or post ourselves. There are people that are completely negative influences, and it can be dangerous if you fail to point them out.

82) I believe that our personalities are unique and are fixed. I believe this because if personalities could be changed dramatically, then people who were raised in the exact same atmosphere would probably be identical in their way of behaving, thinking, reacting. But that is not the case. Although personality can be given limitations, for example, if you are someone who loves to talk, but in your house, it becomes a punishment if you speak while eating with the family. That rule starts to shape a kind of limitation around your natural personality. The case

suggests that once the brain is affected, to be specific, the frontal lobe, your personality will seem to be affected as well.

83) I believe that agreeableness is the trait that is most affected by upbringing because of the fact that you first learn how to socialize with your family. It's with your family where you learn how to speak and interact with others. If the atmosphere at home something goes good or bad, it will give it results. For the trait that is most affected by heredity, I believe that its openness. Because of the fact that openness has to do with interest, that is why I believe that it is affected by heredity. We share interests with our parents and it shows how DNA works. For example, my family, pretty much all of us, we love music and know how to play at least one instrument.