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Abraham Maslow believed that self-actualization was the highest level of human needs. However, we must fulfill a hierarchy of other needs first. For example, we must fulfill our basic needs like food and shelter first. Then, we will have the capacity and ability to fulfill the next set of needs, which is safety, security, and stability, so on and so forth. The last of these needs is self-actualization, which is the level where we use all our qualities and abilities. We fulfill the development of our potential. Once this need is met, a person is psychologically healthy. Accomplishment of self-actualization meant that a person was free from neurosis, psychologically unhealthy tendencies. Maslow classified self-actualizers with the following tendencies; An objective perception of reality, A full acceptance of their own nature, A commitment and dedication to some kind of work, Simplicity and naturalness of behavior, A need for autonomy, privacy, and independence, Intense mystical or peak experiences, Empathy with and affection for all humanity, Resistance to conformity, A democratic character Structure, An attitude of creativeness, and a high degree of social interest. Maslow also believed that people who had sufficient and adequate love and safety needs met as a child were more individuals who grew up to be self-actualizers. Individuals who didn't receive that as children had a more difficult time attaining self-actualization.