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## Chapter 14

Abraham Maslow (1908-1970) the American born psychologist is commonly referred to as the founder of humanistic psychology. He believed that everyone has a propensity within themselves to reach their fullest capability. This Maslow called self-actualization. He described it not as a lofty goal but as a real need for all human beings to achieve. In order to attain this level of self, one must develop and utilize their intelligence and talents. However, there are other “needs” according to Maslow, which must first be gained before arriving at this state of maturation. The primary needs must be acquired in the following order: physiological, safety, belongingness and love, esteem and finally self-actualization.

Maslow described eleven specific attributes of an individual who has approached the highest level of need -self-actualization: a factual understanding of the present, approbation of their true character, devotion to a cause, sincere and guileless in their conduct, self-governing and liberated, having preternatural and climatic exploits, is willing to be vulnerable and compassionate sharing fondness for all people, opposes acculturation, embraces a democratic morality, holds an imaginative demeanor and is a lover of the arts, and is invested in the well-being of others. Anyone who could be declared psychologically robust and therefore free from abnormality, had to possess these traits. Maslow found that only a very small percentage of the population had reached this pinnacle and they were typically of the older generation. He declared that it was virtually impossible for a child to become truly self-actualized as an adult without their corporeal needs as well as their need for security being met at the start of life. In his research, Maslow determined he had only met a handful of such individuals: George Washington Carver, Eleanore Roosevelt, Albert Einstein and fellow psychologist Max Wertheimer.