

# Maslow's hierarchy of needs

Post by “Kalosyni” of November 22, 2024 at 10:06 PM

## [Quote from Matteng](#)

1. Desires for happiness ( eudaimonia )
2. Desires for Life
3. Desires for body/health

I am thinking that there is a difference between "needs" and "desires". A human needs healthy and nutritious food but they may not desire to eat greens or vegetables. "Needs" are what humans evolved with as animals - it would be an innate feeling that something is "off" when something goes unfulfilled. Also, there may be some people who don't desire happiness (because they think they don't deserve it, they have given up on it, or they think that self-sacrifice is more important.)

I am thinking that a wheel could work rather than a pyramid. Here are some ideas, will organize this better tomorrow:

Survival needs

Safety/security needs

Physiological needs - food, water, shelter, movement, etc.

Competence/self-assurance

Social group connection and recognition

Flow in work and living environment

Mate and/or family/group

