Physiological needs
air, water, food, shelter, sleep, clothing, reproduction

Safety needs
personal security, employment, resources, health, property

Love and belonging
friendship, intimacy, family, sense of connection

Esteem
respect, self-esteem, status, recognition, strength, freedom

Self-actualization
desire to become the most that one can be
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EXPERIENCE CAN CHANGE THE MATURE BRAIN - BUT EXPERIENCE DURING THE CRITICAL PERIODS OF EARLY CHILDHOOD ORGANIZES BRAIN SYSTEMS!

From Bruce Perry, Trauma and Brain Development
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