

All of these classes have experienced (and some still experience!) anxious care over their need of esteem and their lack of it, especially from others.

5. Self-actualization needs -- These include the need to actualize our potential, to maximize our abilities, to achieve our desired goals, to be all that we can be, to realize our possible dreams.

Is this a matter of ultimate concern? For some people it occupies the center of their consciousness day and night! They eat, drink, work, and sleep self-actualization! Whether they are business or professional people, whether they are entertainers or sports figures, whether they are seated in the board room or working on the assembly line, they think of nothing else but to get ahead, to improve their knowledge, relationships, and techniques, to get the things they want, and to be someone who counts!

6. Cognitive needs -- These include the need of knowledge for its own sake, intellectual stimulation, the satisfaction of curiosity. Some persons have a burning desire to learn, to know, to explore, to discover, even to delve into the arcane and esoteric. They experience anxious care over any item of information that they perceive can crucially affect their welfare and well-being!

7. Aesthetic needs -- These include the need for beautiful things, including beautiful music, literature, art, and the beauty of nature in its varied forms.

Sometimes people who have been deprived of the sensory experiences of beauty for a long time feel considerable anxious care over this deprivation. They feel keenly the lack of beauty and believe it crucially affects their welfare and well-being.