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
A video of your face will appear in this corner. Therefore, it is suggested that important content not be placed here.
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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