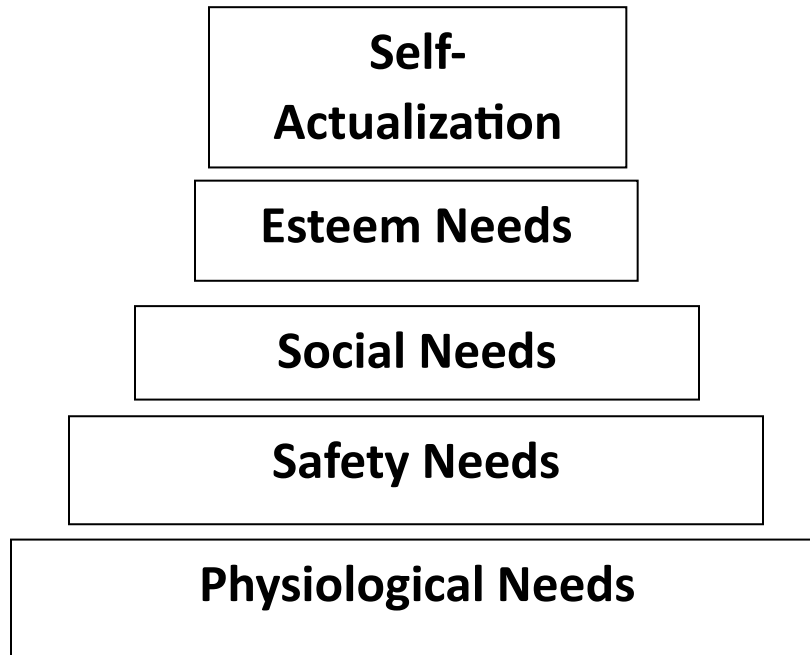


**Maslow's Hierarchy
of Needs**



INTERPERSONAL SKILLS

***"If your only tool is a hammer, you
will see every problem
as a nail."***

Abraham Harold Maslow
World Famous American Psychologist



Longmont Mural—courtesy of City of Longmont, Colorado, and Gamma Acosta (artist)

“What is necessary to change a person is to change his awareness of himself.”

“The ability to be in the present moment is a major component of mental wellness.”

“What a man can be, he must be.”

Abraham Maslow

“Self-actualizing people; those who have come to a level of high maturation, health, and self- fulfillment have so much to teach us that sometimes they seem almost like a different breed of human beings.”

Objective # 1:

I think about what my needs are and how to get them met. * I set aside some quiet time for myself to look within. I watch YouTube and other videos featuring speakers that I admire about this topic*

I go to www.smoothtransitions4teens.com (ST4T) video channel: Interpersonal Skills/Personal

Objectives.

.

My Need	How I will get my need met.
1.	
2.	
3.	
4.	

“If I find 10,000 ways something doesn’t work, I haven’t failed. I am not discouraged, because every wrong attempt discarded is often a step forward.”

Thomas Edison

Objective # 3:

I practice asserting myself. I stand up for my rights positively. I assume my responsibilities. I take responsibility for myself first. *I speak in I statements as much as possible rather than blaming people, even if I believe I am right. How my message is sent is more important than how it is received*

I go to www.smoothtransitions4teens.com (ST4T) video channel: Interpersonal Skills/Personal Objectives and (Hope Journeys) video channel: Community Building Choices and Positive Relationship Approaches.

"To stand up for justice and peace, then, you must first find peace within yourself. You must then demonstrate peace to others, which means you can't make a stand for peace while you are warring with your neighbor, hating your coworker, or judging your boss."

Dr. Joe Dispenza

My observations:

Objective # 5:

I decide to relate and work well with my employers, co-workers, teachers, schoolmates, family, friends...

I go to: www.smoothtransitions4teens.com (ST4T) video channel: Interpersonal Skills/Personal Objectives and (Hope Journeys) video channel: Community Building Choices and Positive Relationship Approaches.

*If I have an issue with someone, I talk to them about it privately in a respectful and direct manner. I maintain eye contact and no matter the response, I keep my cool. I deal with issues when they occur, if possible, rather than letting things go. Small problems can unnecessarily grow into bigger problems by waiting. Many times, it is only a matter of miscommunication or lack of communication. *

My successes:

Abraham Harold Maslow World Famous American Psychologist

Son of Jewish immigrants from Russia, Abraham Maslow was born in 1908 in Brooklyn, New York. He wrote, "I was a little Jewish boy in a non-Jewish neighborhood. It was a little like being the first negro enrolled in an all-white school. I was isolated and unhappy. I grew up in libraries, among books, without friends".

His alcoholic father and unloving mother viciously attacked young Abraham's physical appearance, calling him ugly and stupid. He internalized these attacks, believing he was ugly and repulsive. Abraham avoided boarding the subway, thinking he would burden the other passengers with his appearance. Sadly, he once found two kittens and brought them home. His mother smashed their heads against the wall, killing them both, right in front of him. She even kept a lock on the refrigerator door.

Abraham married his first cousin Bertha in 1938. They were longtime sweethearts and had two daughters.

Maslow tried several colleges after high school, settled on the study of psychology and earned his PhD in 1934 from the University of Wisconsin. Dr. Maslow taught full time at Brooklyn College from 1937-1951.

Abraham suffered a heart attack in 1947 and took his family to California, returning to Brooklyn College in 1949. By 1951, he secured the chairmanship of the Psychology Department at Brandeis University.

1966 saw Dr. Maslow assume the position of president of the American Psychological Association. He retired from teaching in 1968 and died of a heart attack at 62 years of age.

Dr. Abraham Maslow is world famous for developing his hierarchy of needs theory, including physical, social, emotional, intellectual, and aesthetic. Most focused upon is one's ability to reach one's full potential and become all he or she is capable of, called Self-Actualization.

Source: YouTube -Abraham Harold Maslow; Wewantcookies8156

REGULATING

ACTIVITIES

That Reduce Stress and Anger:

The 6 R's

REPETITIVE (walking, puzzles, exercise, beading)

RHYTHMIC (music, dance, rocking, yoga)

RELEVANT (can see the benefit of doing it, working toward a goal, writing, drawing)

RELATIONAL (connects positively with something or someone)

RESPECTFUL (empowering and caring toward myself or others)

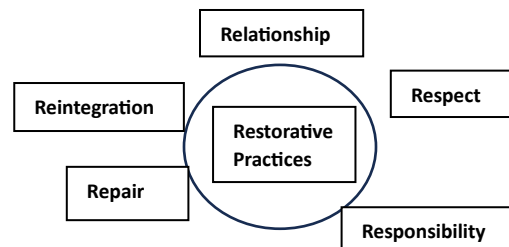
REWARDING (other short- and long-term benefits beyond helping me remain calm)

SOURCE: NMT: (Neurosequential Model of Therapeutics)-
Dr. Bruce Perry, Child Trauma Academy

I go to www.smoothtransitions4teens.com

(ST4T) video channel: Interpersonal Skills/Personal Objectives

and (Hope Journeys) video channel: Positive Relationship Approaches.



SOURCE: Teaching Peace by Beverly Title