

Relationship/Needs Drawing

Media:

- One 12 x 18 inch of white drawing paper
- Chalk or oil pastels

Directive:

- In this experience you will draw an important family relationship and your needs within it. Do not draw actual people. Different and perhaps deeper information is often obtained by drawing metaphorically. Please draw something that symbolizes an important family relationship and your needs within that relationship.

Maslow's Hierarchy of Needs:

***Self-**

Actualization

***Self-esteem needs**

(Self-acceptance, pride)

***Belonging needs**

(Love of family and friends)

***Safety needs**

(Feeling secure and safe from danger)

***Physiological needs**

(Food, air, water, sleep)

- According to Maslow (1990), when lower level needs are met, people begin striving to meet higher level needs
- Maslow's hierarchy demonstrates that discord will occur if one moves up the pyramid without achieving the need below it.
 - For example, one cannot obtain a true sense of self-acceptance and pride without obtaining a true sense of belonging with love of friends and family