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Your Name

A.H. Maslow coined a number of terms that have come into common parlance beyond academic psychology, including “hierarchy of needs”, “self-actualization”, and “peak experience”. In his last book, *The Farther Reaches of Human Nature*, Maslow uses the term “full humanness” to describe psychologically healthy and mature people—those who are self-actualized and beyond. But what defines a self-actualized person? And what lies beyond self-actualization?

Maslow understood the inherent difficulty of explicitly answering such subjective questions. But he concluded that self-actualized people shared a number of common values, behaviors, and attitudes.

Self-actualized persons are involved in, and very often devoted to, a cause or causes they believe in, ideas that will improve our world and/or our relationships within it. They almost invariably love what they do; their work is their passion. In a way, it’s a definitional aspect of a self-actualized person: all elements of their life blend together into a synthesis of purpose and connection.

Maslow identified a number of values that self-actualized persons universally demonstrate. He referred to these as Being-Values (often referred to as B-values):¹.

Truth (“honesty; reality; nakedness; simplicity”)

Goodness (“rightness; desirability; benevolence”)

Beauty form “aliveness; simplicity; richness”)

Wholeness (“unity; integration; interconnectedness”)

Dichotomy-transcendence (“acceptance, transforming opposites into unities...”

Aliveness (“spontaneity; self-regulation; changing yet remaining the same”)

Uniqueness (“idiosyncrasy; individuality; noncomparability”)

Perfection (“nothing superfluous; nothing lacking; everything in its right place”)

Necessity (“inevitability; it must be just that way...”)

Completion (“nothing missing or lacking; totality; fulfillment of destiny”)

Justice (“fairness; oughtness; suitability”)

Order (“lawfulness; rightness; nothing superfluous”)

Simplicity (“nakedness; essentiality; without ornament”)

Richness (“differentiation; complexity; intricacy; totality”)

Effortlessness (“ease; lack of strain, striving or difficulty”)

Playfulness (“fun; joy; amusement; gaiety; humor; exuberance”)

Self-sufficiency (“autonomy; independence; self-determining”)

¹ *The Farther Reaches of Human Nature,* p. 128