With the integration of technology everywhere in everyone's lives, it is safe to say that it has crept into the Hierarchy of Needs that Abraham Maslow presented in his theory. I remember a time when the internet would go out for an hour or two over the summer and I would get annoyed and be in a bad mood until the internet is fixed. This emotional reaction to technology stems from the "physiological needs" section of Maslow's Hierarchy. The next section is the "safety and security" section. As a student who is currently studying to become a cybersecurity professional, being connected to technology is a must for me. For example, jobs like a security architect, a malware analyst, an IT security consultant and many more require the use of technology like computers and software. The "love and belonging" section and technology are connected in my life as my phone and social media like Instagram is how I talk to my friends and family. For instance, while I am not in my classes, I message my family to see what they are up to and if they need anything. The second to last section of the Hierarchy is "self-esteem". While I may not have many friends to talk to on social media, the ones I do talk to bring me validation and confidence. For instance, while talking to my friends, we talk about what is going on in our lives and if one of us is having a hard time, we talk about the issues and try to give motivation and solutions that may help. The last section of Maslow's Hierarchy of Needs is the "self-actualization" sections. With technology, I am able to see where I can improve myself and my life. For example, the internet taught me many life skills like managing time and self-awareness from media platforms like Instagram and YouTube. Without the internet advancement, my life would be completely different from what it is today.