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The use of technology can range from using virtual reality goggles to using sunglasses on a sunny day. Technology can be so complex and simple at the same time. Furthermore, comparing my use of technology in my life varies when considering Maslow's Hierarchy of Needs. The first level or the base level of the pyramid diagram used in the hierarchy is the level of physiological needs. This level involves the main resources that humans need to survive like air, water, food, oxygen, sunlight, warmth, shelter, and clothing among other things. I personally have benefitted from using air-conditioned filtered air and heaters. I live in a house built using new technology to incorporate plumbing, electricity, and materials to protect against mold.

The second level involves protections against unlawful acts by using laws, security, and order. The use of firearms, tasers, and pepper spray could be used seen as technology used to promote safety. I have experienced the use of police officers arriving on the scene of illegal actions. I have also seen the use of police officers be present in schools, malls, and streets to protect against fear and promote security despite the police officers not doing much. This level seems to be very associated with the government's use of order to keep the United States of America functioning.

The third level involves the feelings of love. Love when relating to technology is interesting to think about. Love can take many forms of expression. Technology has aided me in these expressions by giving me a platform to send love messages, buy gifts, and make food reservations. The fourth level involves feelings of respect for yourself and the feelings of respect others have towards you. I have raised my own self-esteem by placing gym goals on myself using applications on my smartphone. Others have raised my self-esteem by sending me encouraging messages through text message. The fifth level involves realizing potential. Technology is a great way to realize your financial potential, skills potential, physical potential, and networking potential. Social media has aided me a lot in how to realize my potential in my career, gym goals, and soft skills to help me succeed in various areas of my life.