

# Deck of Needs

## Instructions 1

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To better understand the possibilities of the Deck of Needs we recommend, that you start with 'Instructions 1'. After your first experience with the cards much of what we will explain more extensively on our website will be clearer and more easily accessible.

#### 1. Finding your needs

The Deck of Needs offers many different ways to find words for your needs. To get you started we suggest to begin with a 'game', that we like to use during our training courses: the **Circle of Needs**. Shuffle the cards and put them on the floor (see picture). Pick up the card that attracts your attention. It's been our experience that your subconscious will take your eyes to the words that want to be found and heard.

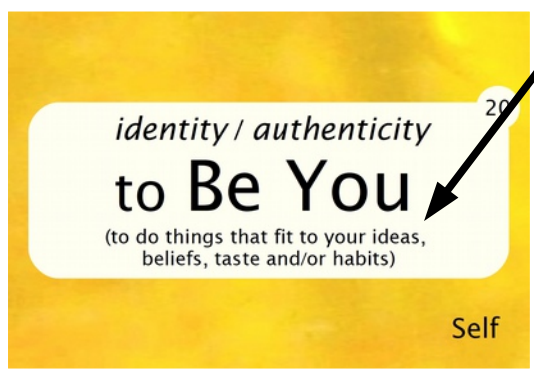
Would you like to keep this card as close as possible or as far away as possible?



Circle of Needs

#### 2. Listening to your needs

Listen to your needs by holding your card and notice which thoughts, feelings and physical reactions come up. You can listen to your needs at a even deeper level when you use the other unique elements on the frontside of each card. In these instructions we will focus on the text under the needs.



The words under the needs are 1. one or more possibilities to describe this need. 2. fields in which this this need may be more or less fulfilled.

Which words best describe what wants to be found and heard by you?

Needs are seldom unfulfilled in all fields. The need 'To be you' can be sufficiently fulfilled when it comes to taste. At the same time it may be difficult 'To be you' when it comes to certain ideas or beliefs. Many cards offer suggestions of fields in which your need may not be sufficiently fulfilled.

In which field is your need not sufficiently fulfilled?

#### 3. Finding more needs

On the backside of each card we give suggestions of needs, that may be connected to your first need. On the one hand this offers another way to deepen your listening. At the same time experience shows that once you found and heard your first need, other needs want to be found and heard too.



#### Underlined words

Underlined words are main or alternative words on other cards in the 'Deck of Needs' or cards in the extension 'Strategy Cards'. The colour of the line matches the colour of that card.

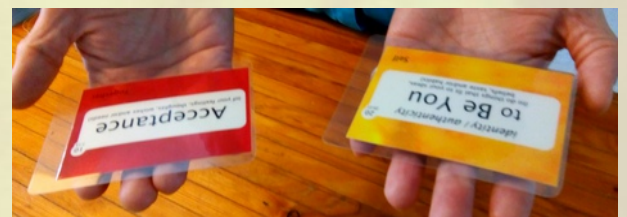
Which other need attracts your attention?

#### Attracts your attention

Where do your eyes take you? Which words create a (strong) physical or emotional reaction? If possible, let somebody read the words out loud. Which words make you sigh? Which words lead to relaxation and which to more stress? With 'attracts your attention' we mean: Listen to the impulses from your body. It's been our experience that this increases the chance, that you find what wants to be heard.

#### 4. Comparing two cards

Find the card with the word that attracts your attention the most. Hold your first and the new card each in one hand (see picture). Which thoughts come up, when you look at both cards? Both needs are important. Both needs want to be heard. Which card feels heavier or unpleasant? Does it seem that only one need can be fulfilled? And ...



Which need wants to be heard first?

#### More?

You've now finished your first introduction to the Deck of Needs. On [www.deckofneeds.com](http://www.deckofneeds.com) you can find a demo, more games, more ways to deepen your listening and more background information. You will also find more information about other tools like the 'Self Card' (included in the Deck) and the extension 'Strategy Cards'. Have fun.

