

Strategy Cards

Fast Instructions

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To better understand the possibilities of the Strategy Cards, we suggest that you first play the 'Fast instructions'. After your first experience with the cards, much of what we will explain more extensively on our website and in the advanced instructions will be clearer and more easily accessible.

Goal 1: Finding the card that fits

The Strategy Cards connect Strategies and certain periods of time with needs. There are different ways (games) to play. To get started we suggest to begin with a game that we like to use in our training courses: **The Circle of Strategies**. Shuffle the cards and put them on the floor (see picture). Take the card that attracts your attention. It's been our experience, that your subconscious will guide your eyes to the words, that want to be found and heard.

Does this strategy / period of time evoke unpleasant feelings?



Circle of Strategies

Goal 2a: Listening to yourself

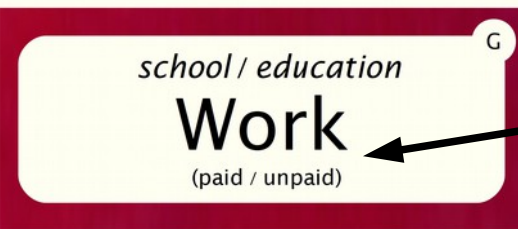
There's a reason why you picked this particular card. Which thoughts come into mind? Which images? Which feelings? Talk to others about these thoughts and feelings or write them down until you feel sufficiently heard.

Goal 3: Defining a strategy

The front side and the small cards 'Alone' and 'Together' offer possibilities to further define a strategy. On the one hand this enables you to see if a strategy is connected to this card. On the other hand it allows you to define the preferred strategy more precisely.

Example: There's paid and unpaid work. Several cards offer suggestions how to define strategies more precisely. Besides these suggestions you can also further define the chosen strategy your own way, like kind of work, how many hours, where you work, etc..

How do you define your strategy more precisely?



Strategy

Together

Add this card to a strategy card.

Alone

Nature

(big, small and very small)

Strategy

Alone / Together

Many strategies can be done alone or together. Add the card 'Alone' or 'Together' to a strategy card and notice what fits best.

Would you like to do your strategy alone or together?

G. Work / school / education

Is this strategy connected to your need for

- **belonging?**
- a (higher) **purpose / meaning?**
- **money?**
- **stability, certainty?**
- **feeling valuable?**
- **challenge, learning, personal growth, creativity?**
- **being you?**
- ...

* This is another strategy card.

Goal 4: Finding needs

Each strategy is an attempt to fulfil 1 or more needs. At the same time it often feels as if using this strategy means that other needs are no longer sufficiently fulfilled. At the backside of each card are needs (and some strategies) that are possibly connected with this strategy or period of time.

Underlined words

Underlined words are **main** or **alternative** words on other cards in the 'Deck of Needs' (or another **Strategy card**). The colour of the line matches the colour of that card.

Which words attract your attention?

Goal 2b: Listening to yourself

With the needs on the backside of each card you can explore:

- which needs are not sufficiently fulfilled with one of your own strategies.
- which needs another person might be trying to fulfil with a strategy that feels unpleasant for you.
- if this strategy can contribute to fulfilling a certain need.

More?

You've now completed your first introduction to the Strategy Cards. On www.deckofneeds.com you can find more games, more possibilities to use the cards, examples and more background information. A PDF-file with the 'Advanced Instructions' can be downloaded there as soon as it is ready. On our website you will also find more information about other tools like the 'Deck of Needs' and the 'Self Card'. Have fun.