

Games from instructions from 2014



Deck of Needs

the fast way to find the 'right' words

The Deck of Needs has been developed by Drs. Hugo A. Roele, writer of the Book of Needs and co-founder of www.kommunikasie.org.

Random Games

1, 2 or 3 Cards

Shuffle the cards, close your eyes and take 1, 2 or 3 cards. Write down or discuss how these words are connected to your present situation.

4 Cards ordering

Divide the cards into a red, yellow, green and blue heap (the 4 special cards are not included). Close your eyes and take 1 card from each heap. Order the 4 cards based on what needs the most attention in your present situation.

Loving yourself

Make a heap with all the red cards, close your eyes and take 1 card. Ask yourself how you fulfil this need towards yourself. It often helps to add the word 'self' (self acceptance, self respect, etc.).

Continue (if wanted) with 'related words' (page i-6).

All cards games

One by one

Think about your present situation. Look at the cards one by one and ask yourself if this is something that needs (more) attention? Make a heap for 'yes', for 'no' and for 'maybe'. After you've done all cards, repeat this question with the cards in the 'maybe' heap. The second round only 'yes' and 'no' are allowed.

After the second round you order the 'yes' cards based on what's asking most attention in your present situation.

Continue (if wanted) with 'related words' (page i-6).

One by one short version

Same instructions as previous game, only this time you stop the first round, when you found 7 cards in the combined heaps 'yes' and 'maybe'.

Circle of needs

Sit on the floor and order the cards around you, using two principles:

- words that ask for more attention are closer to you
- words that seem 'opposites' are on opposite sides of you

When all cards are on the 'right' spot see/feel which needs are asking for attention and action.

Classification method

Is what you want in your present situation mainly:

1. Physical?

Yes: take the cards Health (56), Physical Needs (55), Rest/Relaxation (50), Space (25) and Energy (23)

No: take out the dark green cards (55 and 56) and go to 2

2. Fun and ease?

Yes: take the blue cards

No: take out the blue cards and go to 3

3. Together or self?

Together: Take out the yellow cards and go to 4

Self: Take out the red cards and go to 5

4. Together as goal or strategy?

Goal: Take the yellow cards

Strategy: Take the green cards

5. Self as goal or strategy?

Goal: Take the red cards

Strategy: Take the green cards

Look for the words that asks most attention. Continue (if wanted) with 'related words' (page i-6).

Paradox games

Burning issue paradox

Find a card that describes one of your not (fully) fulfilled needs. Write down the reasons why you can't or find it difficult to do something to fulfil this need. Choose the strongest reason and look for the 'card' that describes the need that you are fulfilling by 'not doing' something. Compare the words you found with the words in the orange field of your first card.

Solving a paradox?

Hold one card of your paradox in one hand and the other card in the other hand. As you try to find the balance between these two cards, you may find a solution that fulfils both needs. Take minimum 1 minute.

General paradox for you

Shuffle the cards, close your eyes and pick the first card for this game. Now find one or more card(s) that describe needs that may no longer be fulfilled if you try to fulfil the need of the first card. Compare the words you found with the words in the orange field of your first card.

General paradox for others

Shuffle the cards, close your eyes and pick a card. Now find one or more card(s) that describe a needs that many others feel may no longer be fulfilled if they try to fulfil the need of the first card. Compare the words you found with the words in the orange field of your first card.

Group games

Guess a need 1

Shuffle the cards, close your eyes and take 1 card without others seeing both colour and words. Tell how you (try) to fulfil this need. The other participants try to guess which word is on the card.

Guess a need 2

Shuffle the cards, close your eyes and take 1 card. Hold it in front of you without seeing both colour and words. The other participants will tell how they (try to) fulfil this need. You try to guess which word is on the card.

Guess a need 3

Shuffle the cards, close your eyes and take 1 card without others seeing both colour and words. Read the text on the blue field out loud. The other participants try to guess which word is on the card.

Guess a need 4

Shuffle the cards, close your eyes and take 1 card without others seeing both colour and words. Read the text on the orange field out loud. The other participants try to guess which word is on the card.

More information about blue and orange fields can be found on page i-6.