

+

Yes

(because this strategy fulfils some / most of your needs; because you / others think you 'have to' say yes / no)

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-

No

(because this strategy does not fulfil some / most of your needs; because you / others think you 'have to' say yes / no)

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Decision

Decision

Z

I would like to

Pause

our conversation about ... until ...

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Subject

Date / Time

Z

I would like to

Pause

our conversation about ... until ...

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Subject

Date / Time

You

Choose

to say / do ...

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Add this card to a Yes- / No-card or another strategy card.

You think you

Have to

to say / do ...

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Add this card to a Yes- / No-card or another strategy card.

SELF

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Add this card to a 'red' card (or another Needs Card).

SELF

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Add this card to a 'red' card (or another Needs Card).

Instructions can be found on www.deckofneeds.com. These cards have been designed to be combined with the Deck of Needs and the Strategy Cards. We recommend to cut the cards before you laminate them. Best results can be achieved with special A7 and A8 laminating pouches.

Developed by Hugo A. Roele, developer of the 'Deck of Needs', writer of the 'Book of Needs' and co-founder of www.kommunikasie.org.

- No

Is this decision connected to your need

- **results / progress, quality** (of life / work), **care for you?**
- **free will / choice, space, autonomy?**
- to **be seen**, to **be heard, respect**, to **feel valuable**, to **be you** (including habits)?
- **energy, power / competence** (including resources)?
- **care for others, harmony, belonging, safety?**
- ...

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Which needs do you say yes too?

+ Yes

Is this decision connected to your need

- **results / progress, quality** (of life / work), **care for you?**
- **connection, belonging / community?**
- **safety / (self)protection, harmony?**
- **care for others / contribution**, a **(higher) purpose / meaning?**
- **lightness / ease, efficiency**, to **be you** (including habits)?
- change, **variation, challenge / adventure, passion / enthusiasm?**
- ...

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z. Pause

I would like to pause our conversation because:

- At this moment I can not be sufficiently present to hear what wants and deserves to be heard and seen.
- At this moment I don't have sufficient
 - Clarity Energy
 - Space

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I'd like to continue our conversation at DATE / TIME (see frontside). I will use the time in between to be enough present and effective again.

z. Pause

I would like to pause our conversation because:

- At this moment I can not be sufficiently present to hear what wants and deserves to be heard and seen.
- At this moment I don't have sufficient
 - Clarity Energy
 - Space

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I'd like to continue our conversation at DATE / TIME (see frontside). I will use the time in between to be enough present and effective again.