

WAYS YOU CAN USE THE FEELINGS AND NEEDS CARDS BY YOURSELF (cut up & add to the box)

<p>A good way to check in with yourself</p> <ol style="list-style-type: none"> Spread the FEELINGS cards and scan through them. Pick up the 1-3 cards that stand out somehow, where there's a reaction from your body: a tug or a slight release of tension that comes from acknowledging what's so. Let the feeling be in you for the moment. Nothing to change, just be with it. Shuffle the NEEDS cards and pull 1-2 (either at random or ones that stand out) <ol style="list-style-type: none"> Ask yourself: are these needs alive in me right now? Is that what my feelings were signalling about? Ask yourself: is there something else I'm needing right now? Ask yourself: what is one thing, one portal to being connected with that need/quality that I can use right now, in the next few minutes? Don't brainstorm. Ask your deeper wisdom and wait to see what response surfaces. Be willing to be surprised. 	<p>Some ways you can grow feelings literacy</p> <ol style="list-style-type: none"> Book a series of 15 min sittings in your diary (e.g 1 x a day, 1 x week) until you've gone through the whole deck of FEELINGS. For each of the sitting, find a way to learn more about the particular feeling. e.g: <ol style="list-style-type: none"> draw a picture or a doodle to express the qualities of that emotion tone or hum to learn more about that emotion by experimenting with its sound, expressing it, observing it, absorbing it find a poem, a piece of music or a song that expresses that emotion particularly well and immerse yourself in it for a few minutes, soaking it up, learning more about that feeling move your body or dance to explore the particular feeling kinesthetically; it may help to play music: which piece would suit that feeling? 	<p>Explore feelings through writing</p> <ol style="list-style-type: none"> Book a series of 15 min sittings in your diary (e.g 1 x a day, 1 x week) until you've gone through the whole deck of FEELINGS. For each of the sitting, journal about the particular feeling, e.g: <ol style="list-style-type: none"> jot down some situations recently or still vivid in your memory where that emotion was particularly present for you or for someone you were with; what needs was it signalling? write the history of that emotion in your life (is it a frequent visitor? how loudly does it speak? what do you tend to do when you feel that? does your way of expressing work for you or is there a better way of expressing it? spread the deck of NEEDS to see if there are needs that are <i>often</i> behind that emotion for you; one feeling can signal many different needs but it useful to know your tendencies too
<p>A way to help you process stuff</p> <ol style="list-style-type: none"> Sit down with a journal and write an account of a current difficult situation or an unresolved situation from the past. Don't edit out any critical or mean thoughts. Just jot them down. Write that account again, but this time "translate" any thoughts about "what's wrong" into naming what the person in question is/was feeling and needing. Consult BOTH DECKS to help you guess the feelings and needs. e.g <p><i>Jack is so stupid. How could he do this to me?</i></p> <p>"translated" becomes:</p> <p><i>I'm angry thinking about what Jack said because in that moment I needed... care and attention. I'm perplexed and annoyed. I need to understand why he said that. I want to... find a way forward that's kind to me and him.</i></p>	<p>Get better at meeting your needs</p> <p>It can be a revelation for people that they have beautiful needs. Sometimes, you know what you need but you don't see how you could meet that need. You're stuck, feel low. You can get better at meeting your needs by researching which are - for you - the most doable ways of connecting with them.</p> <ol style="list-style-type: none"> Draw a NEED card from the blue deck, once a week e.g on Mondays. During the week, observe when you feel like you are connected to that need/quality and jot down what you were doing. e.g When you are researching "peace", you may one day feel depressed but notice that you feel at peace after a 30 min walk in nature. So add "30 min walk in nature" to the list of your "strategies". Keep a running list and also test the strategies further. Does a 20 min walk still do the trick? Does 45 min bring more peace? etc. Also jot down strategies that didn't work 	<p>Connection with needs no matter what</p> <p>Sometimes you may have such rich emotions that you may be unable to tell what you need. Be gentle with yourself. E.g Sufis say that it's possible to connect to the quality that your heart is longing for even if you can't name what that is. By inviting whatever you need in. A way you can help yourself get closer is to:</p> <ol style="list-style-type: none"> Ask yourself: if there weren't any limitations, what would I be experiencing, what would I do or have done to me or said to me, right now? Allow the answer to emerge and imagine that scenario actually taking place. Take your time. Spread the NEEDS deck and look for the qualities the scenario would connect you to. Allow yourself to feel gentle gratitude for being closer to the needs via the scenario. Allow yourself to feel sad about not having another way to connect to that need right now. Mourning an unmet need is a way you can connect to its "frequency".
<p>Develop a better relationship with needs</p> <p>Select a NEED card and write about the history of that need in your life so far. e.g</p> <ol style="list-style-type: none"> When was that need met particularly well? When were you longing for that quality but struggled to experience it? What made it difficult? What makes it easier? Who is your role model of accessing that need for themselves or others (e.g Mother Theresa as a role model of the need for contribution or your sister as somebody who oozes empathy) Write down a few new "portals" to that need/quality you would like to try. e.g <p><i>This week, I'll meditate for 5 min each morning to connect with more peace and acceptance.</i></p>	<p>Learn about different needs experientially</p> <ol style="list-style-type: none"> Pick a NEED card per day (or per week) and do your tasks from awareness of that quality. <p>e.g</p> <p><i>* wash up in a way that expresses care</i></p> <p><i>* remember compassion as you speak to a colleague</i></p> In the evening, reflect (e.g by journaling) what difference it made to be aware of the quality while doing something. What have you learned about connecting with your needs from these experiments? 	<p>Grow your understanding of your needs</p> <p>Book a series of 15 min sittings in your diary (e.g 1 x a day, 1 x week) until you've gone through the whole deck of NEEDS.</p> <p>For each of the sitting, find a way to learn more about one particular need.</p> <p>e.g:</p> <ol style="list-style-type: none"> list the best ways you know of (the portals) to connect with that need/quality (e.g love: share a hug, say something nice, give a gift) write about some a recent situation or one still vivid in your memory where that need was underneath the whole situation for you or for someone you were with move your body (or dance) to explore the particular need kinesthetically; e.g. take a need as a theme for your next class of Five Rhythms, Yoga or Tai Chi

(LARGE PRINT VERSION)

Ways to use the Feelings and Needs cards by yourself

I A good way to check in with yourself

1. Spread the FEELINGS cards and scan through them. Pick up the 1-3 cards that stand out somehow, where there's a reaction from your body: a tug or a slight release of tension that comes from acknowledging what's so. Let the feeling be in you for the moment. Nothing to change, just be with it.

2. Shuffle the NEEDS cards and pull 1-2 (either at random or ones that stand out)
 - a) ask yourself: are these needs alive in me right now? Is that what my feelings were signaling about?
 - b) ask yourself: is there something else I'm needing right now?

3. Ask yourself: what is one thing, one portal to being connected with that need/quality that I can use right now, in the next few minutes?

4. Don't brainstorm. Ask your deeper wisdom and wait to see what response surfaces. Be willing to be surprised.

II Some ways you can grow feelings literacy

1. Book a series of 15 min sittings in your diary (e.g 1 x a day, 1 x week) until you've gone through the whole deck of FEELINGS.

2. For each of the sitting, find a way to learn more about the particular feeling.
e.g:
 - a) draw a picture or a doodle to express the qualities of that emotion

 - b) tone or hum to learn more about that emotion by experimenting with its sound, expressing it, observing it, absorbing it

 - c) find a poem, a piece of music or a song that expresses that emotion particularly well and immerse yourself in it for a few minutes, soaking it up, learning more about that feeling

 - d) move your body or dance to explore the particular feeling kinesthetically; it may help to play music: which piece would suit that feeling?

III Explore feelings through writing

1. Book a series of 15 min sittings in your diary (e.g 1 x day, 1 x week) until you've gone through the whole deck of FEELINGS.
2. For each of the sitting, journal about the particular feeling, e.g:
 - a) jot down some situations recently or still vivid in your memory where that emotion was particularly present for you or for someone you were with; what needs was it signalling?
 - b) write the history of that emotion in your life (is it a frequent visitor? how loudly does it speak? what do you tend to do when you feel that? does your way of expressing work for you or is there a better way of expressing it?
 - c) spread the deck of NEEDS to see if there are needs that are *often* behind that emotion for you; one feeling can signal many different needs but it useful to know your tendencies too

IV A way to help you process stuff

1. Sit down with a journal and write an account of a current difficult situation or an unresolved situation from the past. Don't edit out any critical or mean thoughts. Just jot them down.
2. Write that account again, but this time "translate" any thoughts about "what's wrong" into naming what the person in question is/was feeling and needing. Consult BOTH DECKS to help you guess the feelings and needs. e.g

Jack is so stupid. How could he do this to me?

"translated" becomes:

I'm angry thinking about what Jack said because in that moment I needed... care and attention. I'm perplexed and annoyed. I need to understand why he said that. I want to... find a way forward that's kind to me and him.

V Get better at meeting your needs

It can be a revelation for people that they have beautiful needs. Sometimes, you know what you need but you don't see how you could meet that need. You're stuck, feel low.

You can get better at meeting your needs by researching which are - for you - the most doable ways of connecting with them.

1. Draw a NEED card from the blue deck, once a week e.g on Mondays.
2. During the week, observe when you feel like you are connected to that need/quality and jot down what you were doing. e.g When you are researching "peace", you may one day feel depressed but notice that you feel at peace after a 30 min walk in nature. So add "30 min walk in nature" to the list of your "strategies".
3. Keep a running list and also test the strategies further. Does a 20 min walk still do the trick? Does 45 min bring more peace? etc.
4. Also jot down strategies that didn't work

VI Connection with needs no matter what

Sometimes you may have such rich emotions that you may be unable to tell what you need.

Be gentle with yourself. E.g Sufis say that it's possible to connect to the quality that your heart is longing for even if you can't name what that is. By inviting whatever you need in.

A way you can help yourself get closer is to:

1. Ask yourself: if there weren't any limitations, what would I be experiencing, what would I do or have done to me or said to me, right now?
2. Allow the answer to emerge and imagine that scenario actually taking place. Take your time.
3. Spread the NEEDS deck and look for the qualities the scenario would connect you to.
4. Allow yourself to feel gentle gratitude for being closer to the needs via the scenario.
5. Allow yourself to feel sad about not having another way to connect to that need right now. Mourning an unmet need is a way you can connect to its "frequency".

VII Develop a better relationship with needs

Select a NEED card and write about the history of that need in your life so far.
e.g

- a) When was that need met particularly well?
- b) When were you longing for that quality but struggled to experience it? What made it difficult? What makes it easier?
- c) Who is your role model of accessing that need for themselves or others (e.g Mother Theresa as a role model of the need for contribution or your sister as somebody who oozes empathy)
- d) Write down a few new “portals” to that need/quality you would like to try. e.g

This week, I'll meditate for 5 min each morning to connect with more peace and acceptance.

VIII Learn about different needs experientially

1. Pick a NEED card per day (or per week) and do your tasks from awareness of that quality.

e.g

** wash up in a way that expresses care*

** remember compassion as you speak to a colleague*

2. In the evening, reflect (e.g by journalling) what difference it made to be aware of the quality while doing something.

3. What have you learned about connecting with your needs from these experiments?

IX Grow your understanding of your needs

Book a series of 15 min sittings in your diary (e.g 1 x a day, 1 x week) until you've gone through the whole deck of NEEDS.

For each of the sitting, find a way to learn more about one particular need.

e.g:

- a) list the best ways you know of (the portals) to connect with that need/quality
(e.g love: share a hug, say something nice, give a gift)
- b) write about some a recent situation or one still vivid in your memory where that need was underneath the whole situation for you or for someone you were with
- c) move your body (or dance) to explore the particular need kinesthetically;
e.g. take a need as a theme into your next class of Five Rhythms, Tai Chi or Yogai