

## Empathy Poker Dealer Instructions

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### INSTRUCTIONS FOR DEALER

1. Pick one of the red feeling-cards and hold it so everyone in your group can see it.
2. Say to the group: *“Go inside and see if you can feel what that feeling might feel like.”* Give them 30 seconds of silence.
3. Now ask your group, *“What might you look like if you have this feeling? What might other people notice about you?”* Tell them that they are free to move their bodies, make noises, and express their feeling through postures and facial expressions. After a few moments say, *“Keep doing what you are doing but look around and take some peeks at each other!”*
4. When everyone has quieted down ask: *“Can anyone recall a situation in your life that leads you to feel this way?”*
5. Give the group some time to reflect on your question as you deal the deck of blue need-cards (face down) to everyone EXCEPT yourself. Do NOT give yourself any cards.
6. Decide who will share a situation in their life that triggers the feeling identified earlier. This person is called the “Player”. Inform the Player: *“As the Player for this round, you will not need any cards, so please allow me to use this pile of cards.”* Take the Player’s cards for your own use in this round.
7. Give the following instructions to the Player: *“Describe the situation that leads you to feel this feeling. You have up to three minutes.”* [Set 3-minute egg-timer if available.]
8. When the Player has finished describing the situation, urge everyone to look at the cards in their hands. Then ask: *“Are you holding any needs in your hand that might be alive for the Player in the situation they just described?”*
9. The group will now take turns offering the Player one need at a time. Begin with yourself (the Dealer). As you place your need-card (face up) near the Player, address the Player in this way:  *“[Name of Player], are you feeling [selected feeling] because you need [word on the need card you put down]?”*
10. Consider adding a phrase after you name the universal need to help connect to the

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situation on hand. Example: Instead of “*Mary, are you feeling sad because you value connection?*” you might say, “*Mary, are you feeling sad because you value connection — an opportunity to connect with an old friend you haven’t seen for years?*”

11. Allow people to take turns offering the Player one need-card at a time, skipping their turn if they have no more to offer. Make sure the Player does NOT respond out loud while cards are being placed in front of them.
12. There are two “wild (blank) cards” in each deck. After people have run out of cards to offer the Player, those holding wild cards may assign any universal “need” they wish to the wild cards and offer them to the Player. (If available, use a post-it sticky note to write the need-word on the wild card.)
13. Ask the Player to take a moment to look at the needs spread out in front of them. Say to the Player: *“Now — one at a time — pick the needs which resonate with you. Whenever you reach for a card please say, ‘YES, I FEEL [selected feeling] BECAUSE I NEED [word on card].’”*

NOTE: Offer the following suggestion if you think it will be useful to the Player: “Consider adding a phrase that helps you connect to the universal need.” (Example: Instead of “Yes, I feel discouraged because I need support,” the Player might say: “Yes, I feel discouraged because I need support — support to realize my life’s dream of having a home I can call my own.”)

14. After the Player has completed picking up all the cards they want, ask them: *“Have you connected to all your needs in this situation? Are there other needs that have not been mentioned?”* Encourage the Player and others to briefly share what they learned from this round. (If the group desires, use the egg-timer to limit sharing so as to leave plenty of time for additional rounds.)
15. Say to the Player: *“For the next round, would you be willing to serve as Dealer and do what I did in the last round?”* Hand them these “Empathy Poker Dealer Instructions.”