

Anger Poker Dealer Instructions

INSTRUCTIONS FOR DEALER

1. Encourage the group to select a “Player” for this round. The Player will be sharing an angry experience.
2. Give the Player the three Cue Cards. Deal the deck of Need Cards evenly to everyone else (including yourself, the Dealer).
3. Instruct the Player:
 - *Recall a situation where you feel or felt anger.*
 - *Pick a Cue Card, read it out loud and fill in the phrase that would complete the Card. Then place the Card down in front of you.*
(Player may read Cue Cards in any order they wish.)
4. Instruct the Group:
 - *Let’s take a look at our hands. Are we holding any needs that we sense the Player might want to connect to in this situation?*
 - *We’ll take turns, each offering a need-card to the Player. I’ll go first.*
5. Offer a need-card to the Player, using the phrase, “Player, when you are angry because you tell yourself that ...abc... should/shouldn’t...xyz... are you needing [need-word on card]?”

NOTE: Consider adding a phrase after you name the universal need to help connect to the situation at hand. For example, look at the italicized phrase below after the speaker offered “trust” as the need: “John, when you are angry because you tell yourself that your room-mate is a liar, are you needing trust — *to be able to count on the people around you?*”
6. When you have completed your statement, place the card down near the Player. Request that the Player NOT respond out loud while group members are offering their need-cards.
7. Group members continue offering need-words that might support the Player in connecting to their heart. They skip their turn when they’ve run out of cards to offer.

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8. There are two “wild (blank) cards” in each deck. After people have run out of cards to offer, 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.)
9. Give the Player a moment to look at all the needs spread out in front of them. Instruct the Player: “Now—one at a time—pick the needs which resonate with you. Whenever you reach for a card please say, *“Yes, I need... [followed by word on the card].”* Encourage the Player to add a phrase if it helps them connect to the universal need. (Example: Instead of “Yes, I need community,” the Player might add, “Yes, I need community – people who share my ideals and care about me.”)
10. 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.
11. To begin the next round, ask the person who was the Player to assume the role of Dealer. The group will now select a new Player.