

Desire Discovery Cards

The *Desire Discovery Cards* catalyze stimulate significant conversations and create heart encounters in a fun and engaging way. We've provided ten games suitable for parties, small groups, team-building and coaching to help you tune into your deepest desires and beliefs, explore emotions and ask your friends powerful, incisive questions.

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Understanding the Heart

The *Desire Discovery Cards* are based on the MetaFormation heart model, which for the purposes of understanding divides our inner world into four parts:

- **Action**
The output of the heart. What we do.
- **Mind**
Our thoughts, feelings and decisions from moment to moment. The active or conscious mind.
- **Identity**
What we've become in life—the beliefs, memories, wounds, values, and vows or principles we've chosen to live by.
- **Desire**
The fundamental human needs—things like acceptance, significance, security or being known—that drive our behavior.

So how do we get in touch with our hearts? Our rational minds tend to place a filter over our deepest longings. When we are asked rational questions, we respond not out of our true desires but our beliefs: what we think others want or what we ought to do. Emotions provide a much more direct pathway to desire (that's why we have **Emotion Cards** but not rational ones!) Many of these games begin with identifying feelings.

Both our highest and most base thoughts and actions spring out of the 16 core desires shown on the **Desire Cards**. The desire for love, for example, can beckon us to great acts of sacrifice and affection.

But when we lack what we most long for, our true desires become twisted in one of two ways: a reactive fear and avoidance or a grasping pursuit. We either close our heart so we won't get hurt again, or aggressively pursue what we crave in unhealthy ways. For instance, the desire for acceptance can be twisted into shrinking back in fear of rejection, or into manipulating and sucking up to others to gain approval. The **Twisted Desire** cards show the most common ways each true desire is twisted.

Dealing with twisted desires through discipline or denial doesn't work. Every twisted desire is the result of a true desire that has been unmet. Therefore, change comes when those desires begin to be filled in a healthy way: within a relationship with your Creator. That's what you were made for. For a practical guide to filling your deepest desires in relationship with God, get the book, *Questions for Jesus* by Tony Stoltzfus.

The Cards

This deck includes four different types of cards:

- **16 - Emotion Cards.** The set includes eight positive and eight negative emotions cards, with faces to match the feeling! Each card includes six alternate words for to help you identify or describe that particular emotion.
- **16 - Desire Cards**
Each card includes five alternate words for that desire. Desires are arranged in four categories roughly correlated to the DISC personality types. (D=Achievement, I=Connection, S=Stability, and C=Competence)
- **16 - Twisted Desire Cards.** The true desire is in the center, and it can be twisted two ways: by fear of lack (top of card) and by obsessive pursuit (bottom of card).
- **6 - Question Cards.** Each card has a few powerful questions for connecting with Emotions, Memories, Beliefs, Desires, or to Visualize or offer a Response.

Party and Team-Building Games

Game #1: How I Feel About...

Materials: The *Emotion Cards* and the *Response Card*.

Objective: Help a group get comfortable with sharing emotions.

Step 1: Choose a topic that directly impacts your life. Lighter subjects might include: your day, the last movie you watched, a hobby, your first car, etc. For a more serious team-building exercise, try a weightier topic like: family, friendships, work, chores, your home, your pace of life, or your finances.

Step 2: Ask each person to pick the *Emotion Card* that best describes how they feel about that subject right now.

Step 2: One at a time, give each person a few minutes to describe the feeling they have and why they have it. Use a timer if needed.

Optional: After each person finishes sharing, use the *Response Card* to tell him or her how you are impacted by what was shared.

Game #2: Why I Care About...

Materials: The *Desire Cards*.

Objective: An icebreaker-type game that gets people comfortable talking about desires.

Step 1: Have each person pick a *Desire Card* that represents something they long for.

Step 2: Each person shares in turn why they picked that particular desire and what makes it important to them.

Optional: Use the *Response Card* to tell the person how you are impacted by what they shared.

Game 3: Desires under Dreams

Materials: The *Emotion Cards*, *Desire Cards* and the *Desire Question* card.

Objective: This is a fun game to take the conversation deeper in a small group, team-building exercise, family gathering, or get-together with friends.

Step 1: Have everyone identify a dream they would like to reach in the future. For a lighter game, use a “fun” dream, like ‘climbing the highest mountain in my state’ or ‘Taking a hot-air balloon ride.’ For more depth, use a dream about your legacy or life calling.

Step 2: Tell the person to imagine him-or herself in a future when that dream has been reached. Use the *Visualize Question* card to help the person enter into the dream, re-experience it and live it.

Step 3: Once the person is connected with the dream, use the *Desire Question* card to drill down to an underlying desire on one of the *Desire Cards*:

- *What does having reached that dream give you?*

Game #4: Twisted Desires in the Movies

Materials: The *Twisted Desire Cards*

Objective: This game will generate a lot of laughter as you explore what twisted desires look like.

Step 1: Pick a *Twisted Desire* card at random.

Step 2: Have the group name well-known characters in the movies that function out of that twisted desire and give examples of how it comes out in that character’s life. You can vary the game by using different categories:

- The movies and TV
- Historical figures
- Bible characters
- Cartoon characters
- Personal stories where you acted out of that twisted desire yourself

Game #5: Heroes and Heroines

Materials: The *Desire Cards* and the *Response Card*.

Objective: A transitional game (from light exercises to deep ones) that lets people begin to share important desires.

Step 1: Have each person think of one of their personal heroes—someone they looked up to, followed, or drew greatly from. The hero can be a personal friend, a historical or contemporary figure, or a character in a story.

Step 2: Each person picks the *Desire Card* that most characterizes how that hero lived.

Step 3: Then have one person share a story from their hero's life that shows how he or she lived that desire.

Step 4: Have the person to the storyteller's left share how he or she is impacted by the hero story using the *Response Card*. Then have the next person share a hero story

Coaching and Small Group Exercises

Exercise 6: Identify the Feeling

Materials: The *Emotion Cards* and the *Emotion Questions Card*.

Objective: Learning to describe feelings in depth. Since emotions are the most direct pathway to desire, many exercises start with this process.

Step 1: Choose a recent situation or experience that impacted you on a feeling level. It can be a dream, a conflict, a challenge you face, a great accomplishment, something you want to unpack, etc.

Step 2: Have one person share what happened in the situation *in one minute or less*.

Step 3: Use the questions on the *Emotion Questions* card to draw out what that person is feeling.

Optional: After each person has fully shared, use the *Response Card* to tell him or her how you are impacted by what was shared.

Exercise 7: Desires under Feelings

Materials: The *Emotion Cards*, *Desire Cards* and the *Desire Question Card*.

Objective: Use this exercise to get in touch with your deepest longings and motivations.

Step 1: Identify a situation or experience where you felt strong emotion.

Step 2: Choose one or more of the *Emotion Cards* that best describe how you felt. If you have trouble getting in touch with the feeling, use the questions on the *Emotion Question Card* (or see Exercise #6).

Step 3: Use the questions on the *Desire Question* card to drill down to desire. Start with, "How did you respond?" Then keep asking the "What does that give you/what do you fear...?" questions until the person starts saying the same thing over and over—that's how you know you've gotten down to the core desire.

Exercise #8: Unearthing Feelings

Materials: The *Emotion Cards*, the *Emotion Questions Card* and the *Visualize Card*.

Objective: Unlock someone who is having difficulty identifying his or her feelings by putting the person back into the situation and letting him or her re-experience it.

Step 1: Use the questions on the *Visualize* card to help the person re-live the experience. The key to this exercise is for the person to see him- or herself in the situation—to picture and envision it. Instead of standing at a distance and rationally analyzing what happened, you want the person to see, feel, and re-experience it with their emotional brain.

Step 2: Once the person is in the experience, spread out the *Emotion Cards* and see if he or she can identify some feelings.

Step 3: Use the questions on the *Emotion Question* card to prompt them further if needed.

Exercise 9: Negative Emotions and Twisted Desires

Materials: The *Emotion Cards*, the *Twisted Desires Cards* and the *Desire Questions Card*.

Objective: Identifying twisted desires under negative emotions. Use this exercise instead of Game #3 when the emotion you want to unpack is a negative one.

Step 1: Identify something that triggers you or causes negative emotions.

Step 2: Describe the feeling using the *Emotion Cards* and *Emotion Question Card*.

Step 3: Use the *Desire Question Card* to drill down under the response to a twisted desire. Start with “How did you respond to the trigger?” Then the use “What do you fear...?” questions to drill down.

Step 4: Identify the twisted desire and true desire behind it using the *Twisted Desire Cards*.

Exercise #10: Emotional Memories

Materials: The *Emotion Cards*, the *Twisted Desires Cards* and the *Desire Questions Card*.

Objective: Identify the emotional memories behind your triggers.

Step 1: Identify something that triggers you or produces negative emotions.

Step 2: Re-experience the situation using questions on the *Visualize Card*. Put yourself into it until you are feeling what you did in the situation.

Step 3: Use the *Emotion Cards* to name the specific feeling you have in that situation.

Step 2: Use questions on the *Memory Question Card* to connect to your early memories of that feeling or situations where you were wounded there.