This article approaches the methodological trends that have been developed in the study of the understanding of the desires for the last thirty years. The main objective is to characterize each of the decades in terms of the tasks and methods used. For the review, we selected research articles from databases like ScienceDirect, Jstor and Ebsco which were categorized by year and then by topic. Finally, we reviewed the tasks and designs of all of them and were identified each of the trends. The evidence shows a strong influence of the researches of that time on beliefs comprehension based on false beliefs (FB) about individual studies that were conducted. Progresses were made slowly both in tasks and in appropriate designs to study this state of mind to the point of reaching more specific explanations such as those offered by neuroscience. After the review, it was observed that the field of study on understanding of the desires is not yet sufficiently prolific, however, the opening of this field starts and it intends to move toward innovative designs and tasks that allow in depth exploration of the mechanisms and processes involved in its comprehension.

**Keywords**

Beliefs, desires, methodological tendencies.