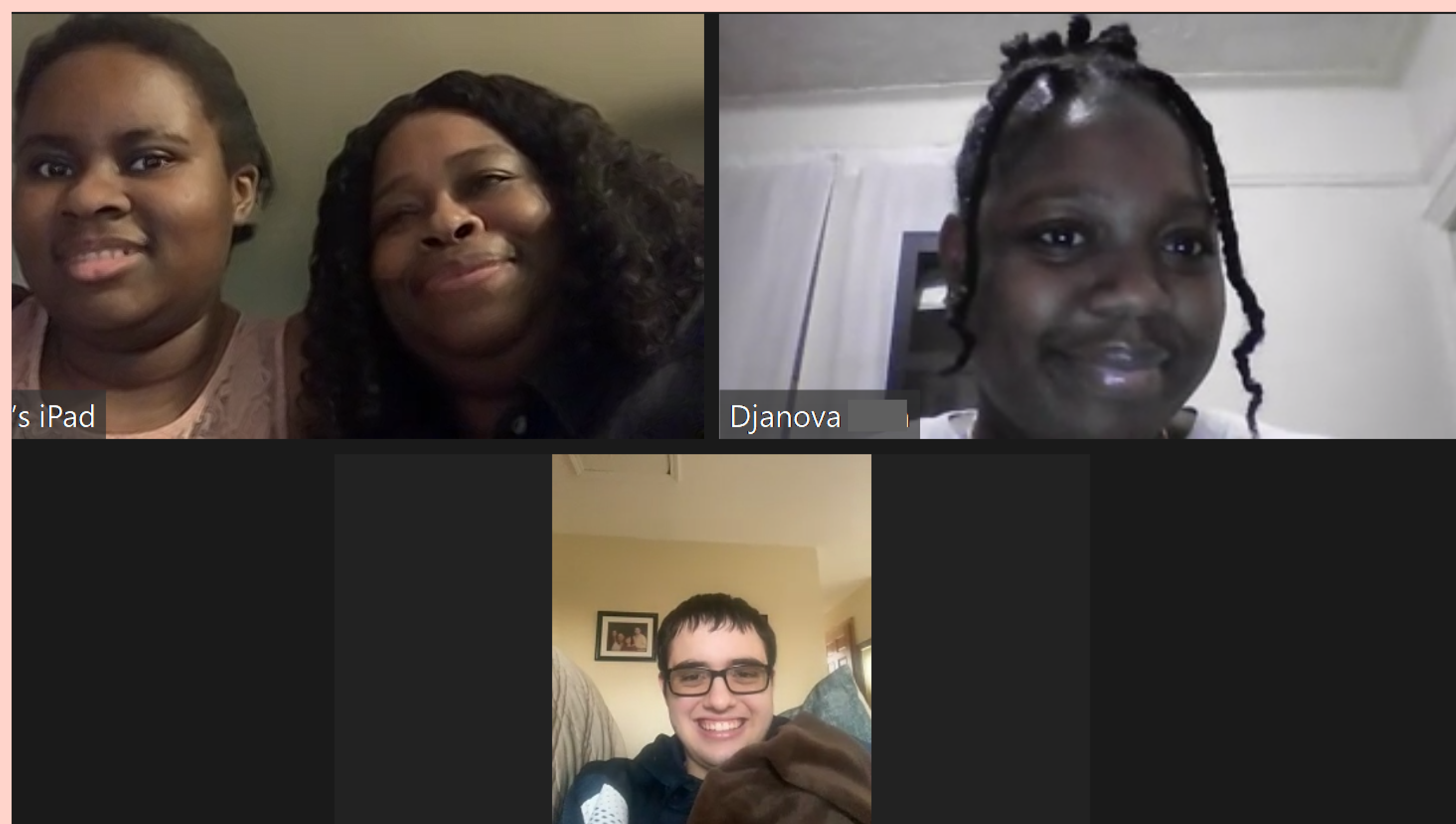


## A RECENT SDMA SIGNING, AND THE IMPORTANCE OF CURIOSITY

Over the years we've thought a lot about what makes for a successful SDM facilitation, including hard work, intrinsic motivation and good supporters. A recent (and, of course, very happy) SDMA signing has, however, given us a new appreciation for a quality that can be enormously helpful in getting a Decision-Maker to their SDMA—curiosity.

Jazmine is 20 and lives with her mom Lisa in Brooklyn. She loves to dance and loves to cook, including breakfast, lunch and dinner! She acknowledged that the facilitation process was “long, but it went really great”, largely because she “got to explore new things and activities.” While Jazmine didn't use the word “curiosity”, her mom and her supporter Djanova both emphasized that quality in her, with Lisa saying “She is very inquisitive, she loves asking questions, she loves to explore.” Djanova added: “To be a supporter for Jazmine is to guide her with the unknown because Jazmine is very intellectual, so she knows a lot, and the things she doesn't know she'll ask questions about. She asks a lot of whys for her to understand what's the reason in order to make better decisions.”



*Jazmine with her mom and supporter Lisa, supporter Djanova, and supporter Michael*

When we train facilitators and mentors we emphasize the importance of intrinsic motivation (with appreciation for our Hunter Faculty Associate, Professor Gina Riley, for teaching us what it is, and how to foster it), that is, that Decision-Makers should *want* to engage in the process, not just do it because somebody has told them to. We stress what the facilitator needs to bring to the process—encouraging and acknowledging the Decision-Makers's competence and autonomy, and grounding that in a “right relationship” between them.

Jazmine and her supporters have given us new insight into the value of exploring and building on the Decision-Maker's curiosity. Facilitator Stephanie acknowledged how important that was in getting through “quite a long process.” Stephanie says that, largely because of Jazmine's curiosity, she “never gave up. She stuck through it all. Even when things got difficult for her, she was still able to put in the work.” We're proud of Jazmine, who says that her SDMA is important to her because it “helps me make much better decisions as an adult.” But we are also grateful. This experience reminds us that there is always more to learn, for us, as well as for Decision-Makers and their supporters, and that fostering curiosity is beneficial for us all.

**CONGRATULATIONS—AND THANKS— TO JAZMINE, HER SUPPORTERS, AND FACILITATOR STEPHANIE!**