

## **Repairing relationship or discontinuing supporter role**

Disagreements are part of life and any relationship, and it's natural for them to occur. In SDM, it's vital to know that it's okay to disagree with the Decision Maker, provided that you respect their ability and right to have different opinions. When disagreements lead to a rift, addressing the issue through communication, setting boundaries, and understanding consequences is crucial. Open, honest communication is essential to a resolution. Connecting and rebuilding trust requires sitting down with the Decision Maker to discuss the situation without judgment or blame, leading to empathy, compromise, or mutual understanding.

If disagreements or issues arise from broken or disrespected boundaries, the matter becomes more complicated. Boundaries are guidelines that ensure a healthy relationship. They create a safe space where both parties feel respected and understood. If boundaries are consistently breached, serious consideration may be needed regarding discontinuing the supporter role.

Discontinuing the supporter role might be challenging but necessary. If attempts to repair the relationship are unsuccessful, it's essential to consider the consequences and act responsibly. This decision doesn't mean abandoning support altogether. You can still champion the Decision Maker's autonomy and self-determination in other ways, making the transition smooth and compassionate. Reassure the Decision Maker that change is not failure but a chance to grow and explore new paths.