

C.R.O.S.S.ROADS Decision-Making Process



- C** - Choice - What is the choice being made?
R - Reality - What is happening now? What would I like to happen?
O - Options - What are some options?
S - Select one and Create a plan! - What personal effort is necessary to make the choice happen?
S - Start over. - Evaluate choice and begin process again as needed.

Applying the Life Principle of EFFORT

- 1) Choice - What is the choice being made? How do I get my homework done on time?
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- 2) Reality - What is happening now? I'm playing video games, watching t.v. or playing with my friends instead of doing my homework.
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- 3) Option/s - What are some choice options?

Option - "If ..."	Results - "Then ..."
A) I keep doing the same thing	I'll make really bad grades and probably get grounded.
B) I do the assignments as soon as I get home away from the tv and video games.	I get the work done and maybe have time to play for a while.
C) I go to the school study sessions and get help if I need it.	I'll have time to work without video games or t.v. and get help especially with math.

- 4) Select Option/s B & C and Create a plan.

What specific personal effort is necessary to make my choice happen?

Who, What, When) (See **C.R.O.S.S.ROADS™ Planning Sheet** if needed)

- i.e. Goal-setting - write out specific steps to help achieve goal
- i.e. Problem-solving - seek assistance, develop a procedure, etc.
- i.e. Conflict Resolution - walk away, apologize, etc.

I'll ask my parents to help me set up a study area in my bedroom away from the tv and videos. I'll work there on my homework right after school and go to the school study sessions if I need more time or help.

- 5) Start Over – Evaluate choice and begin process again as needed.