

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 I might try?
- S** - Select one and Step it out! - What are the steps to making the selected option happen?
- S** - Start over. - Begin process again as needed.

1) What is the choice being made? _____

2) Reality - What is happening now? _____

3) What are some other Choice Options?

Option - "If"	Results - "Then"
A)	
B)	
C)	

I select Option # _____.

4) Step it out! What are the steps I need to take to make my choice happen?

- 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.

5) If this does not work, I can Start Over and use the **C.R.O.S.S.ROADS™** process again.