C.R.O.S.S.ROADS ™ Decision-Making Process
General decision-making ✱ Goal-setting ✱ Problem-solving ✱ Conflict Resolution

Name __Terri May__ Date __10/5__

Check one: ___General Decision-making _X_ Goal Setting _X_ Problem-solving ___Conflict Resolution

Life Principle/s - Identify any that apply:_____self-discipline_____

1) **C - Choice - What is the choice being made?** ___I want to be on time to school___ and to all of my classes for this next semester.

2) **R - Reality - What is happening now?** ___I stay up playing video games til 1 or later___ and am late to class. I also stop to talk to my friends between classes.

3) **O - Option/s - What are some choice options?**

Option - "If …"	Results - "Then …"
A) Be in bed by 11 p.m on school nights & get up at the alarm	I'll be able to get up to get to school on time.
B) Ask my friend to be my accountability partner & meet before 1st hour class.	Be more likely to get to class on time if I know she's looking for me.
C) Visit with my friends as I am walking to class, not at the stairs.	Still may be late to class
D) Talk to my friends at lunch instead of between classes	Will be able to get to class on time

4) **S - Select Option/s** __A,B,D__ **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; see Goal Planning Sheet
   i.e. Problem-solving - seek assistance, develop a procedure, etc.
   i.e. Conflict Resolution - walk away, apologize, etc.

I'll set timers at 10:45 p.m. & 11 to remind me to quite gaming.

Ask my friend to meet me before first class as accountability partner.

Tell friends at the stairs I'll visit at lunch.

5) **S - Start Over – Evaluate results of choice and use process to revise as needed.**

   My Accountability Partner is _____Shayla_____