

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 Goal Setting Problem-solving
 Conflict Resolution

Life Principle/s - Identify any that apply: self-discipline

1) C - Choice - What is the choice I'm making? 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 he'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.