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

**General decision-making * Goal-setting * Problem-solving * Conflict Resolution**

Name ____________________________ Date ________________

Check one: ___General Decision-making  **X**.Goal Setting  ___Problem-solving  ___Conflict Resolution

Life Principle/s - Identify any that apply: ____________________________

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 till 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?

<table>
<thead>
<tr>
<th>Option - “If …”</th>
<th>Results - “Then …”</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Be in bed by 11 p.m on school nights &amp; get up at the alarm</td>
<td>I’ll be able to get up to get to school on time.</td>
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<tr>
<td>B) Ask my friend to be my accountability partner &amp; meet before 1st hour class.</td>
<td>Be more likely to get to class on time if I know he’s looking for me.</td>
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<tr>
<td>C) Visit with my friends as I am walking to class, not at the stairs.</td>
<td>Still may be late to class</td>
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<tr>
<td>D) Talk to my friends at lunch instead of between classes</td>
<td>Will be able to get to class on time</td>
</tr>
</tbody>
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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 ________

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