

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 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 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.

My Accountability Partner is Shayla