

# 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?
- S - Select one and Create a plan!** - What personal effort is necessary to make the choice happen?
- S - Start over.** - Evaluate choice and begin process again as needed.

1) **Choice - What is the choice being made?** how to get to school with my homework so I can turn it in on time

2) **Reality - What is happening now?** I leave it at home a lot forget to put in backpack

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

Option - "If ..."	Results - "Then ..."
A) I put in my backpack as soon as I finish it.	I would have it when I get to school
B) I ask my mom to remind me	she gets busy in the morning and might forget
C) I put my school stuff all together the night before by the door	I wouldn't have to look for it every morning
D)	

4) **Select Option/s** A & C **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

i.e. Problem-solving - seek assistance, develop a procedure, etc.

i.e. Conflict Resolution - walk away, apologize, etc.

As soon as I finish my homework, I will put it in my backpack and set my

backpack by the backdoor I go out every morning.

5) **Start Over – Evaluate choice and begin process again as needed.**