

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

General Decision-making \* Goal-setting \* Problem-solving \* Conflict Resolution

## **Step One:**

Identify the decision, goal, problem, or conflict to be addressed.

## **Step Two: Optional**

Select phrase/s from the any or all of the Creed/Expectation/Life Principle, or other documents that might be pertinent to the situation.

## **Step Three:**

Begin asking the questions in the *C.R.O.S.S. ROADS™* decision-making process. This may be accomplished just verbally or more formally with the *C.R.O.S.S. ROADS™* worksheet.



**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 choice options I might try?

What options have I tried so far?

What are the benefits/pitfalls of these options?

(For conflict resolution the choices listed in the CHOICES RAP may be used for ideas.)



**S - SELECT OPTION/S! - PLAN!**

What specific personal effort is necessary to make my choice option/s happen?

Who and/or what are needed to make this happen?

What is the time line?



**S - START OVER** - Evaluate results of choice and use process to revise as needed.

## **Step Four:**

End with either verbally sharing your decision with someone, an accountability partner, and/or writing it down so it may be referenced. This aids significantly in following through with the choice.

## **Decision-making Resource Tools:**

1. *C.R.O.S.S.ROADS™* Decision-making Process Task Cards
2. *C.R.O.S.S.ROADS™* Decision-making Worksheet with Examples
3. *C.R.O.S.S.ROADS™* Planning Sheet with Examples
4. *C.R.O.S.S.ROADS™* Progress Analysis with Examples
5. *C.R.O.S.S.ROADS™* Goal Setting Resources - a complete unit of introductory materials including a sign language component
6. Eight Expectations and Life Principles
7. Choices Rap Card (for conflict resolution)
8. CHOICES Creed Card