Conflict Resolution 101

Complain without blame

Empathize and repair

10 tips to a healthy roommate relationship

It's not what you say, it's how you say it......

Use these following things:

Feelings - "I feel left out..."

Facts - "When you make important decisions without me..."

Fair requests - "Will you please talk to me the next time you make an important question

Paraphrase
"I hear that you feel..."

Accept responsibility
"I was wrong when I..."

Find points of agreement
"We're on the same page about..."

Compromise
"Maybe we could both..."

*Assertive communication is the most effective form of communication, but also the least commonly used form

1. Be true to you!
2. Be honest
3. Manage your stress
4. Ask questions
5. Be dependable and trustworthy
6. Communicate assertively
7. Disagree respectfully
8. Listen!
9. Be patient
10. Be accepting

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