

**CONF**

*LICIT*

*RESO*

**LUTTI**

***N 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....

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

# Use these following things:

1. Feelings – “ I feel left out.....”

2. Facts - “ when you make important decisions without me....”

3. Fair Requests- “will you please talk to me the next time you make an important decision

1. Paraphrase - "I hear you feel..."

2. Accept Responsibility - "I was wrong when I ...."

3. Find points of agreement -

"We're on the same page about..."

2. Compromise - "Maybe we could both.."

10. Be accepting

9. Be patient

8. Listen!

7. Disagree Respectfully

6. Communicate Assertively

5. Be dependable and trustworthy
4. Ask questions
3. Manage your stress
2. Be honest
1. Be true to you!