

Conflict Resolution Tips

How to be a Good Housemate Tips

- Do not expect perfection.
- Divide household responsibilities.
- Be considerate of each other.
- Let others know when you are having a rough time or a difficult day.
- Know that you do not have to be friends to live together peacefully.



Establish house rules to help avoid conflict

- Ask each other questions, get to know each other. Discover what you have in common, people or cities you know, to better understand each other.
- Establish and respect boundaries; share with each other what activities/things you can and cannot accept or tolerate. State upfront if you need a lot of alone time.
- Learn to “**SHUV**”, let other feel **Seen**, **Heard**, **Understood**, and **Valued** when discussing difficult house issues. When discussing a source of tension, focus on listening to each point of view, resist the urge to argue positions. **Demonstrate interest in each other’s views, then state what you hope to de-escalate conflict.**



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Schedule Your Own Housemate Meetings

Set-up a regular time to check-in with housemates, once-a-week, or once-a-month. Ask each other what is going well, with everyone getting a turn. Maybe also explore interests or things you can do together.

How to Mediate a Disagreement using the Housemate Agreement



Hold Housemate Meetings to discuss and agree on important house expectations. Display agreements in a prominent common area in the house if desired. Re-do House Expectations as a group activity every time a new housemate moves in.

If a conflict arises, consult the Housemate Agreement to identify previously agreed upon house rules or add a new item to agreement. **Review conflict resolution tips:**

Stating the Issue: If you have an issue with a housemate, do not hold it inside. Address the problem as it arises.



When bringing up the issue with your housemate, do not confront them with hostility. Instead, simply state you would like to have a conversation, ask when they are ready to talk. (De-escalation Tips below)

Negotiating for Mutual Gain: Set the goal to negotiate for mutual gain:

- Build trust by deeply listening, and hearing, the other's view.
- Move away from hard line positions, support dialogue and clarification of viewpoints.
- Illuminate common benefits, not positions, by re-framing the issue by using the following questions:



What is important to you about.....?

What is your basic concern.....?

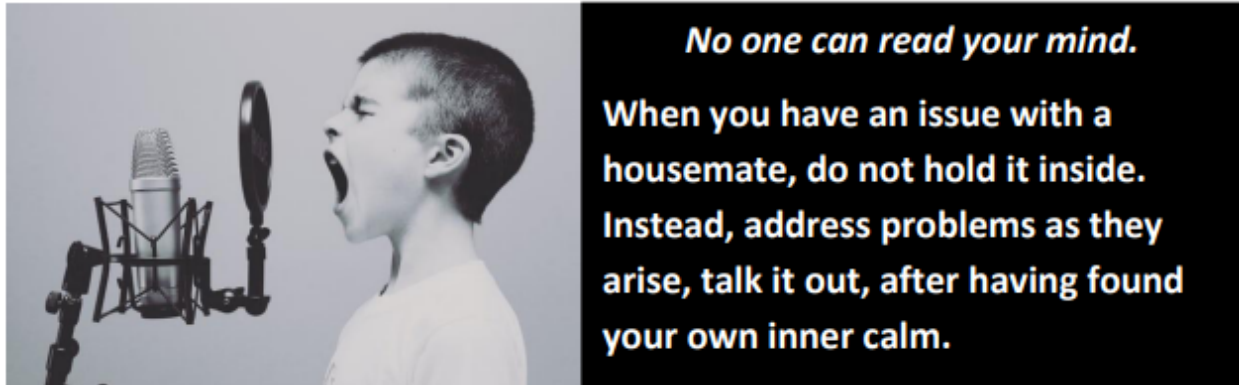
What do you fear might happen if.....?

What do you hope will happen if.....?

Brainstorm solutions and put new, mutually agreed upon decisions into the Housemate Agreement.

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No one can read your mind.

When you have an issue with a housemate, do not hold it inside. Instead, address problems as they arise, talk it out, after having found your own inner calm.

Quick tips to help resolve conflict

- You can both be heard if you are both willing to listen.
- Communicate your needs and sensitivities (what upsets you).
- Hear your housemate's needs and commit to respect them.
- Compromise is usually necessary; be willing to bend.
- Review Conflict Management guide in the 'Living Well With Other's' Book.'

How to Be a Good Housemate

Do not expect perfection

Be accountable for your own responsibilities

Be considerate

Know you do not have to be best friends to live together peacefully.