

Clear Communication Strategies

When roommates know *how* to communicate, they're much more likely to get along and have a healthy relationship. These strategies can help you get there.

- Say no to gossip – go to the source
- Don't assume things about your roommate – ask instead
- Be direct – don't post something on Facebook or hint at an issue – being direct gets rid of the muss and fuss
- Try not to complain about your roommate – one misplaced complaint can get back to her so that you have some uncomfortable explaining to do
- Use “I” statements – when you personalize an issue, it makes the person you're speaking with less defensive because it removes the blaming tone
- Don't assume that your roommate knows what you're feeling or thinking – none of us are mind readers!
- Keep some things to yourself – posting info to Facebook may make you feel connected, yet some things are meant to be private, especially when it comes to your roommate's private life, and you don't have the right to blab it
- Try to talk about ideas and experiences more than you talk about people – the latter can get shallow while the former can lead you into some awesome, deep conversations
- Don't do all your communicating via technology – you need that face-to-face time sometimes!
- Talk about your roommate communication style now – you'll be better prepared to meet your roommate where he's at and he'll better know what style you prefer too