

DIFFICULT ROOMMATE?

EFFECTIVE CONFRONTATION

- **Address things in a timely matter when both people are calm.** *Hey, something's been bothering me. Is this a good time to talk?*
- **Identify how the issue is affecting you:** *I feel frustrated...*
- **Focus on behavior, not character:** *...when you eat the food that I bought.*
- **Give a little background about why this is important to you:** *I have a tight budget and I get stressed when I realize I don't have as much food as I thought.*
- **Suggest an alternative solution/behavior:** *Next time, can you ask before eating something that I bought? I'm normally happy to share, but please ask.*

INEFFECTIVE CONFRONTATION

- **Avoid conflict until someone pushes you past your limits and then blow up at them.**
- **Start with accusation:** *You always eat my food.*
- **Immediately relate this behavior to the person's character:** *I don't know how you can be this disrespectful and inconsiderate.*
- **Don't own up to your feelings and focus only on the other person:** *Your parents always give you money for food and you don't know what it's like to have to do things by yourself.*
- **Don't offer specific solutions:** *I hope one day you mature.*