Roommate Conflict Resolution Tips

Thorough out life one will experience many conflicts and disagreements. Perhaps the most significant types of conflicts that young adults encounter are roommate conflicts. Conflicts among roommates can be described as a state of disharmony between incompatible ideas, interests, or sometimes persons. As a student living on George Mason University’s campus, one might experience this particular conflict and it is necessary that residents are equipped with adequate tools to combat these conflicts while promoting healthy communities within their room assignments.

How to address the conflict:

- Approach your roommate in private.
- Set a time for discussion- Make sure that all parties can be present and willing to engage in the conversation.
- Establish rules for the discussion ensuring that all will have an equal opportunity to share their concerns.
- Refer back to the roommate agreement form- Students are given this forms as a written document as a tool and reminder for the standards that were set among roommates.
- Be honest and open-minded while confronting the conflict.
- Attack the conflict instead of the roommate- when voicing concerns focus on the problem and not the person.
- Validate your roommate’s position on the issue- As a means to diffuse conflict let your roommate know that you understand their point of view as well as the importance of them understanding your point of view
- Positive feedback
- Compromise- Understand that all conflicts are resolved by compromising. The end result may not be ideal for the both of you but, it will most likely be a great improvement