## 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.*