

## Tips and Strategies for Living with a Housemate in Shared Accommodation

### Be proactive and plan ahead!

When sharing housing with a roommate or housemate, some simple steps can go a long way to preventing problems from arising over time. Here are some tips:

- Be respectful
- Communicate often
- Be clear about expectations, needs and wants
- Be flexible
- Ask questions when you are unsure of something
- Be realistic

### Resolving conflict

From time to time you may find that there is conflict and issues that arise in a shared living arrangement. These key steps are ones to consider in the event of a conflict:

#### 1. Be calm and be respectful:

- Conflict can arise at any time.
- Conflict is a normal part of everyday life and having a process on how to deal with it can help turn potential disagreements into suitable solutions that both parties can live with.
- Be aware of your emotions and body language and how you may appear to others.

#### 2. Be proactive:

Being aware of concerns and dealing with them early on can stop problems from getting out of hand. If something is bothering you, it is important to address it in an assertive, respectful manner.



**3. Try to understand all sides of the issue:**

- Ask questions.
- Allow the other person to talk and listen without interrupting.
- Focus on the issue and express feelings without blaming the other person.
- Don't jump to conclusions or make assumptions.

**4. Be flexible:**

- Be open to suggestions and ideas and accepting of differences.
- Focus on areas of agreement and common interests.
- Stay away from negativity and blaming.
- Look at all possible solutions and seek to come to an agreement you can both live with.

**5. Reflect on the situation:**

- What have you learned?
- What can you change in the future to prevent similar situations from happening?
- What were the positive aspects of this experience?

