

Roommate Conflict Resolution Worksheet

Conflict Mediation Tips

1. Prepare. Reflect about what has caused the conflict and how it has impacted you.
2. Come prepared with solutions that you think could work.
3. Listen to each other. As simple of a tip as this is, so often we don't listen and we use the time that the other person is speaking to think about what we want to say next.
4. Be respectful. For example, give the other person an opportunity to completely speak their mind without cutting them off or rushing them.
5. Focus on the conflict at hand. Don't bring in previous arguments or situations.
6. Take a look at your roommate contract. What does that say about the current conflict? Does anything in the contract need to change?

Please fill out sections 1,2 and 3 on your own and fill out section 4 after you have discussed your conflict in a conflict mediation setting by yourselves or with your Resident Advisor.

1. What happened?

2. How have you been affected?

3. What are some solutions?

4. What are the next steps/solutions to the conflict?

Date:

Signatures:

To be Reviewed on: _____ **(Date)**