



MOVING AHEAD: The Challenge

Conflict Resolution Worksheet

The next time you are involved in a conflict, do nothing – cool down, think about it, then come back to it later. Employ a few resolution strategies as seen in the conflict resolution section. Is the conflict easier to resolve by trying these? How do you feel about this?

ROOMMATE AGREEMENT

Living with others can be challenging at times. By setting boundaries or “house rules” in advance you may be able to avoid most conflicts. Use the following chart as an example.

When There Is a Difference of Opinion:

When To Leave Notes:

When To Talk Individually:

When To Sit Down As a Group:

Guest/Visitation:

When/How Often:

How Long:

Unexpected Guests:

Cleanliness (when and by whom):

Garbage:

Sweep/Vacuum:

Bathroom:

Daily Pick-Up Includes:

Personal Property (clothes, stereo, TV, etc.):

To Be Shared or Borrowed:

Not To Be Shared:

Groceries/Snacks/Kitchen Supplies:

What We Share:

What We Don't Share:

Where Food Should Be Stored:

Study Time/Quiet Hours:

Stereo/TV (volume level, when it should be off):

Quiet Hours For Studying:

General Noise Level:

Laundry:

What Is Done Jointly:

Laundry Products We Share:

Other Issues:

Phone Messages:

Other:

Signature 1. _____ Date: _____

Signature 2. _____ Date: _____

Signature 3. _____ Date: _____

