

10 THINGS TO DISCUSS WITH ROOMMATES

Sharing a living space with someone raises many issues. Additionally, you and your roommate(s) might have different levels of experience with sharing your living space! A good way to address these issues is to discuss them when you first become roommates so that everyone's expectations and needs are out in the open. It is necessary and important for you to be clear about what you need, as well as to consider the needs of your roommate(s).

“Remember, you and your roommate(s) will not agree on everything, and that's okay!”

The following questions are good things to ask yourself and to talk with your roommate(s) about.

- What do you anticipate it will be like to share a room with someone?
- Do you have any habits that may be helpful to talk about with your roommate?
- How do you feel about guests in the room, overnight or otherwise?
- What cultural differences and similarities may you and your roommate share?
- What are expectations around cleanliness of your space? How will you divide chores?
- What are your needs around items like heating/cooling of the room and wake/sleep times?
- What are expectations around sharing personal belongings such as food or clothing?
- How do you tend to communicate with others and what does this look like in a roommate relationship?
- How do you feel about engaging with each other on social media?
- When you do experience conflict, how will you deal with it? Discuss it immediately vs. taking time to process it before discussing, talking about it in person vs. over a text, etc.?

When you and your roommate(s) have different wants or needs, it's valuable to explore a compromise. When people compromise, everyone **gives up** some of what they want, but they also **get** some of what they want. There may be some things where you are not willing to compromise, and it's important to communicate those things clearly.

Remember, you and your roommate(s) will not agree on everything, and that's okay! By discussing things openly and being willing to explore compromise, everyone can find a way to feel comfortable, safe, and respected in their living space.