Tips for Being Heard

How to get your point across effectively

Having trouble talking to your roommate?

Here are some ways to communicate through conflict:

• Realize your roommate has a different background than you. Be careful of using the word “should,” as you may have different ideas on how things “should” be done.

• Use “I feel (emotion) when you (action)” to open a dialogue about a conflict. This way, you won’t accuse them of something they may not feel they’re doing.

  • Listen to what their story is, and repeat it back to them to make sure you understand their side.

Compromise!

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Montclair State University Mediation Resource Center
Donec varius, felis eget lobortis vehicula, magna sapien elementum tellus, ut iaculis dui orci sed arcu. Nullam semper leo.