Quick ways to make conflicts so much WORSE!

- Communicating via post-it notes/texts
  Instead: speak up in person.
- Using electronics while your roommate is talking
  Instead: put away technology.
- Talking while under the influence
  Instead: wait until you're both ready to talk.
- Raising your voice
  Instead: take a break if you're getting angry.
- Talking mainly about the past
  Instead: focus on what can change.
- Pretending like everything is okay/ignoring it
  Instead: address conflict sooner rather than later.
- Pointing fingers at the other person
  Instead: stay focused on yourself and how you help the situation.

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