



How to Talk to Your Roommate (Without the Drama)

**Your No-Stress Guide to Avoiding
Passive Aggression, Awkward
Silences, and Total Meltdowns**



Your chill guide to skipping the silent treatment and solving stuff like loud music, weird smells, or vanishing snacks.

Because living together means talking it out -and this helps you do it like a pro.



Before You Say Anything—Get Clear on What's Bugging You

Don't go in guns blazing if you're just tired and "hangry".

- What *specifically* is bothering you?
- "The trash hasn't been taken out in 2 weeks" is better than "You're disgusting"
- Is it a pattern or a one-time thing?
- How do you want it fixed? If you don't know, it's hard to ask.

*Write it down first if you're nervous.
Clarity = confidence.*





Start Calm and Early – Not at Boiling Point

Nobody likes the “we need to talk” ambush. Try casual honesty instead.

- ✓ “Hey, can we talk about something real quick?”
- ✓ “I’ve been meaning to bring this up—I think it’ll help us both.”
- ✓ “I don’t want this to turn into a thing, so I figured I’d mention it now.”

*Avoid waiting until you're furious.
That's when it becomes a thing.*





Talk It Out with This Easy Formula

Use: “I feel / when / because / can we...”

It helps you express yourself without making things tense.

Try This:

“I feel frustrated when the trash piles up because I don’t want bugs. Can we pick a day to take it out?”

Skip this:

✗ “You never take out the trash.”

It’s not about blame—it’s about a fix that works for both of you.





Don't Just Talk – Listen

They might not realize it's been bothering you. Or they might be going through it.

- Let them talk. Don't interrupt.
- Nod, repeat back key points, clarify if needed.
- Try: "That makes sense. I didn't know you felt that way."

You don't have to agree—just understand.





Make an Actual Plan

(and Keep It Simple)

Vague agreements = future arguments.

- Pick specific actions:
 - Trash = every Sunday night
 - Quiet hours = 10 p.m. on weekdays
 - Guests = text me if someone's staying over
- Write it down or post it somewhere. Even a shared Notes app works.

"Let's just try this for a week and check in" keeps things flexible.





If Things Go South... Stay Cool Anyway

Sometimes people get defensive. It's okay. You're still doing the right thing.

- Keep your tone even. If it escalates, pause: "I want to talk about this, but maybe now's not the time."
- Don't text fight. It gets misread every time.
- If it's unfixable? Loop in your RA or housing office. That's what they're there for.

*Being direct isn't rude—it's respectful.
Especially when you lead with care.*





Last but Not Least...

You don't need to be best friends with your roommate. But you do need to live in the same space with respect and clarity.

Talk early. Talk calmly. Talk like you're both human—because you are.

And when in doubt? Start with:
“Hey, can we make this a little better for both of us?”



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