



# Roommate Conflict Survival Guide

**How to Live with Another  
Human Without Losing Your  
Mind  
(or Your Deposit)**



Roommates can be amazing, challenging,  
or “who is this person?”

This guide helps you skip the blowups and  
passive-aggressive notes.

Like a mature friend who once cried over a  
stolen Pop-Tart <sup>®</sup>— but then grew from it.



# Expectations > Assumptions

**Most roommate drama starts with silence and stews into rage. Fix that early.**

Have “the talk” during week one:

- Who cleans what and when?
- Quiet hours? Lights out?
- Guests—yay or nay?
- Sharing stuff: food, fridge space, clothing, chargers, shampoo?

*Write it down. Stick it on the wall. Avoid future “but I thought...” arguments.*





# Cleanliness Compatibility Check

**One person's "lived-in" is another's  
"health code violation."**

- If you're the cleaner one, don't martyr yourself—make a shared chore chart.
- If you're the messier one, clean before it becomes an issue.
- Pick a cleaning day. Blast music. Clean together. Bond over Lysol.

*If you wouldn't want a parent to walk in,  
it's probably time to clean.*





# Speak Now or Forever Stew in Silence

**Annoyed? Address it early, calmly, and like an adult.**

- Use “I” statements:
  -  “I’ve been having trouble sleeping when the lights stay on.”
  -  “You’re literally the worst person ever.”
- Text is okay for small things, but talk in person if it’s emotional.
- Avoid airing grievances at 2 AM or when you’re already hangry.

*If you need to, rehearse what you’re going to say. Or write it first.*





# Boundaries Aren't Rude – They're Essential

**It's okay to have lines. You're not roommates with their friend group, significant other, or speaker volume.**

Set rules for:

- Overnight guests
- Borrowing personal items
- Quiet/study time
- Locking doors and safety stuff

It's not a big deal" is how boundaries get crossed.

*Say it kindly, but firmly. Shared space is your space too.*





# When Things Get Tense

**Conflict doesn't mean failure – it means  
you're human.**

Try this:

- Pause. Take 10 minutes, a walk, or a deep breath.
- Reflect. What's really bothering you? Be specific.
- Address it privately. No ambushes, no third-party drama.
- Problem-solve together. Not a blame game. Just: "How can we fix this?"

*If you're both still fuming, loop in your RA or campus housing. That's literally their job.*





# Know When to Walk Away (Politely)

**Some living situations just don't work –  
and that's okay.**

- You don't have to be friends with your roommate. Just respectful.
- If it's truly toxic (disrespect, threats, unsafe behavior), document it.
- Ask your RA or housing office about room changes. They've seen worse, promise.

*Even if you switch rooms, don't ghost or leave a mess. Karma's watching.*





# Last but Not Least...

Living with someone is real-world training: communication, compromise, conflict resolution – and learning what you need in a living space.

You won't get it perfect, but every tough moment is building your grown-up superpowers.

You got this. And no matter how it's going – you're not the only one navigating roommate weirdness.



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