

# ROOMMATE CONTRACT

## STEP 1 – GET COMFORTABLE

Make sure everybody is seated in a comfortable area with minimum distractions. All radios, televisions and other electronic devices should be off.

## STEP 2 – SET GROUND RULES

Inform the residents that you are there to help guide their conversation. To make the conversation constructive, ask them to abide by the following ground rules:

- Do not personally attack each other
- Do not interrupt each other
- Do not use foul language

## STEP 3 – EXPLAIN BEHAVIOR-FOCUSED STATEMENTS

Inform the residents that when speaking, they should use “I statements” and focus on behavior.

- ✓ *Good example: When loud music is on I can’t study, which affects my grades.*
- × *Poor example: You play your music too loud and you need to stop!*

ROOM/APT \_\_\_\_\_

DATE \_\_\_\_\_

RESIDENTS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### ISSUE 1

Resolution

### ISSUE 2

Resolution

**ISSUE 3**

---

Resolution

**ISSUE 4**

---

Resolution

**ISSUE 5**

---

Resolution

---

---

*Resident Signature*

---

*Resident Signature*

---

*Resident Signature*

---

*Resident Signature*

---

*Resident Signature*

*By signing, you are agreeing to abide by the resolutions written above. Failure to do so may result in removal from your current room assignment.*