



DEALING WITH DIFFICULT HOUSE MATES (and making sure you aren't one of them!)

- Talk about any issue in a calm manner without getting cross (it could be that you are tricky to live with too!), ignoring the situation never resolves it.
- Don't nag. Most people have just escaped from home and the last thing they want is to be told what to do, so find another way to get your point across.
- If you are being nagged at, firstly understand that they are probably full of good intentions, so have a chat and work out what the real issue is.
- No one wants to live in a pit - set up a rota for cleaning shared areas. Make sure you do your share so that it doesn't backfire on you.
- Set some agreed rules about how you all want to live e.g. washing up will be done straight after eating and put away. Washing won't be dried in the lounge. Times for parties or loud music etc.
- Make a sleepover agreement so that you don't end up with an extra person living with you who isn't contributing to household bills and cleaning or keeping you up all night so that you are too tired for lectures.
- Be watchful. If there is a person who contributes to your household but isn't present (they spend all their time in their room or in the library) check in with them. They may be super lonely, homesick, or struggling with a difficult housemate that they don't know how to deal with.
- Check in with people regularly and make sure you are pulling your weight and not relying on others who may get resentful.
- If things get out of hand, or you feel you can't deal with it yourself, talk to your other housemates (but don't gang up) or your landlord. You don't deserve to be unhappy in your own home.