Week 10 - Day 1 (Ch 9 pt 1 - Managing Conflict in Relationships)

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Chapter 9

Managing Conflict in Relationships

• Interpersonal conflict exists when people in "I-You" or "I-Thou" relationships have different views, interests, or goals and feel a need to resolve those differences.



- One of the biggest fights is how warm or cold to keep the house
- You're excited to go eat your favorite meal at your parents' house, but they are going to make something else.
- Marcch Madness
 - Mrs. Billings and her husband support different teams, but it only matters if one of them tries to make the other one support their team

Conflict with Roommates



- Roommate threatened to put the dogs down
 - One day the roommate says that they both got hit by a car
- Roommate's boyfreind stays at the house
 - He complains
- Roommates in the class
- Mrs. Billings' had a randomly paired roommate
 - They had done pretty well, but she realized that she couldn't remember the last time she had said a word to her.

Depression among college roommates is contagious

- Journal of Personality and Social Psychology, 1991
- If your college roommate is depressed, you have a much better chance of getting depressed as well

Roommate conflicts spring from small, irritating differences rather than from grand ideological disputes.

• Christine Hollow, Assistant director of residential programs University of Dayton



- Dissagreements among roommates are over things like why is it so hot in here, who left their shoes out, etc.
- If you get along with your roommate, you are more likely to stay in school.
 - Communication Quarterly, 1991



 Amy Adams was Mrs. Billings' other roommate and they were very good friends

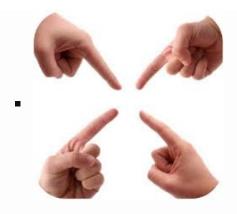
What are your conflicts?



 Roommates who share a sleeping space tend to show that people have a better experience

Top roommate conflicts?

- Slob vs Neat Freak
- Late Night vs Early Riser



- Ask permission before giving criticism
- Describe behavior and its consequences by recounting
- Preface with an affirming statement
- When appropriate, suggest how the behavior can change

Example

- You have a roommate named Jill who is not taking out the trash
 - Ask permission
 - "Hey Jill, you have a second to talk?"
 - Describe
 - "I feel frustrated when I walk in the house at the end of the day and see trash piled up when the bag is full"
 - Preface
 - "Now Jill, you are such a considerate roommate and I love having you as a roommate."
 - Suggest
 - "Can we come up with a system for taking out the trash?"

Another example:

- Susy smokes hella weed
- Ask permission

- "Hey Susy, you have a second?"
- Describe
 - "I don't like the weed butter in our shared space."
- Preface
 - "You're a wonderful person Susy"
- Change
 - "Could you get a minifridge? I'll help you buy it"

Another example

- Mrs. Billings' husband whiped the counters with a rag and put it in the sink without cleaning it or anything
 - "Hey honey you got a sec?"
 - "I have a hard time touching the wadded up rag in the sink"

COM 220 - 002 (Angella Billings)

COM 220 - 002 (Angella Billings) jmbeach1@crimson.ua.edu A website with notes and Quizlets for The UA's COM 220 - 002 class taught by Professor Billings.