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

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# 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"

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A website with notes and Quizlets for The UA's COM 220 - 002 class taught by Professor Billings.