



Communications



Communications

Module Notes:

The difference between business and personal relationships.

Active listening skills.

"I messages".

Living with roommates.

Questions to Consider:

- What is the difference between an I statement and a You statement?
- What are some ways to actively listen?
- What information do you need to gather before you call the landlord about a problem?

Remember:

The Practicing "I messages"

- When (state the facts—what needs repaired or changed? Avoid using the word YOU here)
- I feel (must state a feeling here—angry, disappointed, frustrated, confused, happy, sad...)
- Because (how is it affecting you/your family/ what have you already done to fix it?)
- Would you please (what do you want/hope will happen?) or Can we please (I'd like it if...)





Reproduced from *Warmups for Meeting Leaders*, Sue Bianchi, Jan Butler, and David Richey. San Diego, California: University Associates, 1990.

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Module E: Communications



"I Messages"

When (Just state the facts: What needs repaired or changed? Avoid using the word YOU here.)

I feel (One must state a feeling here: Angry, disappointed, frustrated, confused, happy, sad...)

What have you already done to fix it?) Because (State the consequences of the behavior and/or facts: How is it affecting you/your family?

Would you please: (What do you want to happen? What do you wish or hope will happen? Can we please... I'd like it if...)

RENT SMART ACTIVITY 3: HANDOUT 2





From Rewardscharts4kids.com































Loved

Glad

Excited Delighted Content Confident Cheerful

Hurt Lonely

Furning

Frustrated Disgusted Destructive

Gloomy

Discouraged Disappointed

Proud

Sorry

Mad

Irritated

Grumpy Furious

Miserable

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List of Feelings

Нарру

Sad

Angry

Other feelings

Calm

Awful Ashamed

Bugged

Annoyed

Afraid

Module E: Communications

Feelings Chart

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Satisfied Relaxed

Withdrawn Unloved Unhappy

Violent

Shy

Scared

Responsible

Moody

Jealous

Embarrassed

Curious Confused

Worried

Uncomfortable

Mean

3

Terrific Silly

Thankful























Bored

Ashamed

Anxious



















































































Active Listening

- Face the person who is speaking.
- Focus your attention on what she/he is saying
- Let the person finish speaking before asking questions or responding
- When the person finishes, restate in your own words what you heard him or her say
- Ask the person if she or he thinks you heard what he or she said correctly
- Respond to what the person said.

Positive Messages

- Own the message. Use the word "I," not "you," "they," or "we."
- Discuss one issue at a time. Don't use the "laundry list" approach.
- Describe the facts:
- 1. What needs to be repaired or changed?
- 2. What you have already done to fix it?
- 3. How it is affecting you and your family/household?
- 4. What you want/hope will happen?
- . Don't call the other person names or tell him what he/she has done. This will put the other person on the defense and meet your negative expectation.
- . Start a conversation in a conflict situation only when you are, and can remain, calm





"I Messages" Scenarios

Scenario 1

damage to the ceiling tiles. above. In addition to the mess and the fact that the water has made the floor slippery, it is causing When you got up this morning, you found water dripping into your bathroom from the rental unit

that he doesn't fix things. You call him and say ... You haven't spoken with the landlord for several months, but you have heard other tenants complain

Scenario 2

three children are playing games in the hallway, chasing each other, and screaming. picking up the children from school. Chris works from 6:30 a.m. to 3:00 p.m. It is a rainy day. The Chris is a single parent of three children, ages 5, 8, and 10. Chris has just returned from work and

11:00 p.m. to 7:00 a.m. and you just want to sleep. You knock on Chris's door and say... To you, the next-door neighbor, the children seem to be getting louder and louder. You work from

Scenario 3

rent and other bills. The electric bill is usually \$60-\$70 each month. You are responsible for paying the electric company for heat and electricity. When you moved in three months ago, you were working 40 to 50 hours per week. You were just keeping up with the

month. This month's bill just came. You owe \$160 and do not have the money to pay it. You call the Now you've lost work and work only 30 to 35 hours each week. You did not pay the electric bill last electric company and say...

Scenario 4

say this to address the issue... has happened since then. The weather is warming up and you'd like to open your windows. You do/ the landlord, you mentioned the need for these screens. She said, "I'll have to order them." Nothing screens on them. This is in violation of local housing code. When you submitted the check-in form to When you moved in two months ago, you noted on the check-in form that two windows did not have

Scenario 5

food in separate rooms. Your roommate has recently threatened to move out. You do/say this to went reasonably well. Now, the two of you rarely speak to each other and have started locking your When you moved in with your friend, you both signed the lease. For the first seven months things address the issue...





When Repairs Are Needed Fact Sheet

agreement or call the landlord. most landlords require residents to handle themselves. If you aren't sure, check your rental Unplugging a toilet or sink, changing light bulbs, or replacing batteries in a smoke detector are things If something goes wrong in your rental unit, first figure out if it is something you should fix yourself.

If it is clearly something that the landlord should fix:

Before you call the landlord, gather the information: Call the landlord or his/her agent; the name and phone number should be on your rental agreement.

- What happened?
- When did you notice it?
- What have you already done about it?
- What do you want done?

Give the landlord the following information:

- What needs repair—be as specific as possible.
- What type of a problem it is causing for you.
- Your name and address.
- Times when it would be convenient for the repairs to be made.

made. Make notes on your conversation and keep them until the repair is completed. Ask the person who answers your call for his or her name. Ask when you can expect the repair to be

If the repair is not made when promised...

message and stating what you were told in the phone conversation, along with the name of the Wait two days, and then write a letter to the landlord, repeating the information in your phone letter. Handout 5 is a sample letter you may work from. person with whom you talked. Be polite but firm in your letter and other contacts. Keep a copy of the

If the landlord has not made the repair after several requests...

specific actions with the landlord, find a mediator, or file a complaint with a consumer protection on the situation, you may be advised to report the problem to the local building inspector, take agency. Contact one of the resources listed in Renter Resources for advice on what to do next. Depending





Sample Letter Requesting a Repair

January 7, 2016 (today's date)

Jane Smith Sunrise Rental Units 1111 Eastview Blvd. Somewhere, WI 55555

are supposed to report the need for repairs.) (This should be the full name and address listed in your rental agreement of the person to whom you

Dear Miss Smith:

he would have someone look into it on that day, January 4. rental unit. We initially noticed the problem that morning when we were showering. Mr. Jones said We first contacted your secretary, Jim Jones, on January 4, 2016, about the lack of hot water in our

he was sure that he would be there that day. We called again on January 5, and Mr. Jones said that the maintenance person had been busy, but

unit effectively without hot water and my kids are complaining about having to take showers with cold water. (Be specific about the repair, when you first noticed the problem, what you have done to It is now several days later and we still do not have any hot water. I am not able to clean the rental fix it, and prior contacts requesting repairs.)

by January 12, I will contact the building inspections department. (Do not make threats unless you Please call me with a firm date when you expect to have the repair made. If I do not hear from you counsels renters.) not threaten to withhold rent unless you have checked with an attorney or an agency that know that you can legally carry them out and have specific actions in mind. For example, do

Sincerely,

Jill Nelson Rental Unit 201, Sunrise Circle Somewhere, WI 55555 Tel. 234-5678





Life Skills: Living with Roommates

SELECTING A ROOMMATE

- Friends do not always make good roommates.
- If you are going to share a room, you need to consider a person's sleeping habits and cleaning habits.
- Are your work schedules compatible? Will one of you be sleeping while the other is up and about making noise in the apartment?
- Strongly consider cleaning habits. Both people may consider themselves messy. However, there is a difference between doing dishes every other day and doing dishes every other month.
- Does the person smoke, drink, or use drugs? If so, is it more or less than you can tolerate?
- Does the person have any hobbies? There is big difference between stamp collecting and playing the drums, especially if the person likes to do a hobby at 3 a.m.
- Does the person have pets?
- Does the person have a "significant other" that may become a third roommate?
- Does the person have friends that will spend a lot of time at your place?
- Has the person had financial problems?
- Do you have similar religious and political beliefs? If not, are both of you willing to keep your beliefs to yourself or enjoy a

good friendly debate?

 Finally, is the person nice and considerate? When differences arise, a courteous person is more likely to be willing to change.

BEING A ROOMMATE

- Look at your own behavior. Are you infringing on the rights of others?
- Be honest. Being straightforward and direct can help resolve and prevent problems.
- Do not let things build up. Address problems as they happen. Use assertiveness training to help in making appropriate requests for behavior change from a roommate.
- If you have requested the roommate to change his/her behavior, give him/her a chance to change. Thank them for making attempts to change. This will be more effective than continually harping on them.
- Be flexible about your roommate's lifestyle. It may not be the same as yours, but as long as he is not hurting himself or others do not try to impose your will on the person. If it is something that is bothersome, talk about it and get the other person's point of view. If a person's lifestyle is still causing too much strife, it is probably time to go separate ways.
- Don't get taken advantage of. Be assertive when you think your roommate is making demands that are unreasonable. If you don't, you will build up resentment and the relationship will turn sour.
- Agree to disagree. Even the best relationships will hit bad times. When there are points of disagreement in the roommate relationship, sometimes you have to agree to disagree. If it is an item that is too personal or bothersome, you may need to look for a different place.

Source: Life Skills for vocational Success Chapter 1 Handouts 13, 14, 15—http://www.workshopsinc.com/manual/







Roommate Agreement

dwelling unit that makes the roommates jointly and severally liable for all terms of the contract. This agreement is made by and among the roommates named herein who have signed a lease for a shared

contract with the landlord. However, it may be used if a dispute among the roommates arises. Execution of this roommate agreement does not alter the joint and several liability of the tenants under the rental

Address of Rental Unit

Term of Lease

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Name	Rent per Month	Security Deposit	Rent per Month Security Deposit Bedroom to be Occupied
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	

above. Any roommate who does not pay any or all of the amount of rent listed above shall be liable to the landlord or to any roommates who pay any amount due for the defaulting roommate. If roommates will switch bedrooms or pay different amounts of rent at any point, those changes should be noted

Security Deposit

cleaning costs-that roommate will pay full fees and damages. The roommates agree to share equally in the cost of a specific roommate is clearly responsible for fees and damages to the premises- including late fees, repairs and all other fees and damages charged. refund of the security deposit according to the amount each tenant originally paid as listed in this agreement. When A security deposit has been paid by each roommate in the amount listed above. The roommates will divide the

Utility Bills The utility bill will be in	's name.
The bill will be divided (strike one) evenl a personal refrigerator):	The bill will be divided (strike one) evenly/as follows (for example, because one roommate has an air conditioner or a personal refrigerator):
Utility late charges will be paid by	
Phone Bills	
The phone kill will be in	omen of

The phone bill will be in _____''s name.

The local phone bill will be divided (strike one) evenly/as follows:

The long distance bill will be divided (strike one) evenly/according to who made the calls

Phone late charges will be paid by_

RENT SMART ACTIVITY 5: HANDOUT 9



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Date	Signatures	res Date	Signatures
		erms	Other Terms
be divided as follows:	ved/not allowed. sh, clean bathroom, etc.) will b	Smoking Smoking in the apartment will be (<i>strike one</i>) allowed/not allowed. Household Duties . Household duties (take out trash, clean bathroom, etc.) will be divided as fo	Smoking Smoking Househol
		Pets The following pets are permitted: The person responsible for the pets will be	Pets The follo The per
s on the days and times listed here.	eep, study and other purposes	Quiet Hours All roommates agree to observe quiet hours for sleep, study and other purposes on the days and (<i>If none, write "None.</i> ")	Quiet Hours All roommat (<i>If none, wri</i>
all not unreasonably disturb other m, unless all other roommates agree en consecutive days without the written permission of all other	his or her guests. Guests sha he roommate who invited ther st may stay for more than seve es may move in only with the v	Each roommate is responsible for the behavior of his or her guests. Guests shall not unreasonably disturb other roommates. Guests must stay in the bedroom of the roommate who invited them, unless all other roommates agree that the guest may stay in a shared area. No guest may stay for more than seven consecutive days without the permission of all other roommates. New roommates may move in only with the written permission of all other roommates. New roommates may move in only with the written permission of all other roommates.	Each ro roomma that the permiss roomma
roommates.	ved only with permission of all <i>esource Center.</i>)	Subletting is (strike two) not allowed/allowed/allowed only with permission of all roommates. (<i>Sublet agreements are available at the Tenant Resource Center.</i>) Guests. (<i>Strike any part not applicable.</i>)	Sublettin (<i>Sublet</i> Guests.
		Internet late charges will be paid by	Internet la Subletting
''s name. follows:	speed internet. in divided (<i>strike one</i>) evenly/as :	High Speed Internet Access The apartment (<i>strike one</i>) will/will not have high speed internet. If there will be high speed internet, the bill will be in' If there will be high speed internet, the bill will be divided (<i>strike one</i>) evenly/as follows:	High Sp The apa If there If there
		Cable late charges will be paid by	Cable la
ē	». ''s name. 'evenly/as follows:	Cable The apartment (<i>strike one</i>) will/will not have cable. If there will be cable, the bill will be in' If there will be cable, the bill will be divided (<i>strike one</i>) evenly/as follows:	Cable The apa If there If there

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