

## How to have success with roommates: Part 2

Unless you travel and room with someone you know, having a roommate can be stressful at first. One of the best ways to be happy with your roommate or anyone in your life really, is to focus on their positive attributes.

It is only normal to feel a little intimidated sharing such close and personal surrounding with a new person. As our defenses rise, we often have a tendency to become very judgemental in order separate ourselves from the other person. However, in the process of judging, we are also isolating ourselves which is counter productive to what we actually want to do (which is “just get along”).

Instead of getting on your armor, force yourself to talk to this strange person whom you see in your apartment until you find some common ground. If you talk long enough, you will find something you either like to do that is the same or something you feel the same about.

As you are talking, try to note what positive qualities they have. They may dress sloppy, have undesirable habits, but they may have a great personality or sense of humor. Hang onto whatever you can and focus on those things. If you catch yourself being judgmental, switch your thoughts to the positive ones about that person and you will see those things more often.

You and your roommate will be much happier if you practice this tip. There is no doubt. You may even decide to send a compliment their way and see what happens. Three months can seem like a long time if you don't get along. However, if you are even the least bit sociable, the time will go by quickly. Before you know it, you will be on your next adventure with a new insight into how other people live their lives differently from you. Everyone is so unique.