Roommate conversation planner

Plan a calm talk about a problem, including guests and quiet hours: name the behaviour, say why it matters, make one clear request and hear their side.

NAME

DATE

The specific behaviour (facts, not labels):

How it affects me (an "I" statement):

What I'm asking for (one clear request):

Questions to hear their side:

A good time to talk:

ADD-ON AGREEMENT

Topic	What we agreed
Guests and overnight stays	
Quiet hours	
Shared spaces	
Other	

CHECK-IN DATE