

与邻居沟通的建议

我们时不时都会遇到与邻居之间的烦人纠纷。如果这些情况得不到解决,可能会演变成非常棘手的问题。

以下是一些建议,可帮助您解决这些纠纷。

见面之前先做好准备:

- 计划好与有纠纷的邻居进行沟通。你们双方需要共同解决问题。
- **提前做好准备**,留出时间思考问题及其对您的影响。例如,那道树篱让您感到困扰,是因为您无法安全地从车道向外看清情况,担心会撞到行人。
- **找一个合适的时间**与邻居交谈。最好选择一个双方都不急着去上班、也没有刚经历过疲惫一天的时间段。
- **找个舒适的地方**——也许可以一边喝杯咖啡,或者坐在门廊上。
- **保持积极的态度**,与邻居共同寻找解决方案。把这个问题看作是一道你们可以共同解决的难题。不要使用不友好的语言,也不要把所有责任都归咎于对方,以免激怒邻居。

在沟通过程中:

- **说明**您对此情况的感受以及它对您的影响。例如,“当你把车停在我家车道上时,我会生气,因为我无法准时上班”,比“你就是为了惹我才把车停在我家车道上”更具说明性。
- **倾听**邻居对情况的看法。尝试了解对方对此事的感受。您可能并不认同对方的所有观点,但要表现出您听进了对方的话,并感谢对方愿意就此事进行讨论。
- **深入沟通**,将所有问题和情绪都说出来。不要省略那些看似难以启齿或微不足道的部分。只有充分讨论了所有问题,解决方案才能最有效。
- **考虑可能的解决方案**。对邻居的建议保持开放态度。当你们齐心协力寻找解决方案时,你们可能会惊讶于自己的创造力。
- **清晰且具体地说明**双方都能达成一致并切实遵守的解决方案。例如,“我会在午夜关掉音乐”比“我以后不会再把音乐开得那么大了”更明确。
- **约定在特定时间互相确认**,以确保约定正在有效执行,并切实遵守!



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Tips for Talking With Your Neighbor

From time to time we all find bothersome difficulties with a neighbor. If these situations aren't resolved they can grow into really troublesome problems.

Here are some suggestions to help you work out your difficulty.

Think ahead before you meet:

- Plan on talking to the neighbor with whom you have the problem. It's the two of you who need to work out the solution.
- **Plan ahead** so you make time to think about the problem and how it affects you. For instance, the hedge bothers you because you can't see safely out the driveway and you're afraid you'll hit a pedestrian.
- **Find a good time** to talk to your neighbor. You want a block of time when neither of you has to rush off to work or has just had an exhausting day.
- **Find a comfortable spot** – maybe over a cup of coffee or sitting on the porch.
- **Have a positive attitude** about working together with your neighbor to find solutions. Think of your problem as a challenging puzzle that the two of you can solve. Don't antagonize your neighbor by using unfriendly language or by blaming that person for everything.

While you talk it through:

- **Give information** about your feelings on the situation and how it affects you. For instance, "When your car blocks my driveway, I get angry because I can't get to work on time," is more informative than, "You block my driveway just to annoy me."
- **Listen** to your neighbor's comments on the situation. Try to learn how that person feels about the situation. You may not agree with everything, but show that you hear what he or she is saying and you appreciate the willingness to discuss the matter.
- **Talk it through**, getting out all the issues and emotions. Don't leave out the part that seems too difficult to discuss or too insignificant to be important. Your solution will work best if all issues are discussed thoroughly.
- **Consider possible options** to remedy the problem. Be open to your neighbor's suggestions. You might be surprised at how creative you can be when you work together to find solutions.
- **Be clear** and specific about a solution you can agree on and can comply with. For instance, "I will turn off my music at midnight," is clearer than, "I won't play music loud anymore."
- **Agree to check** with each other at specific times to make sure that the agreement is working, and really work to stick to it!



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