



Quick Guide: Neighbour Disputes

1. Stay Calm and Reflect Before Reacting

Take a moment to breathe and think.

- Ask yourself: *What is really bothering me?*
- Consider if the issue is urgent or if it can wait until you're calm.
- Avoid making assumptions about your neighbour's intentions – misunderstandings are common!

Tip: Writing down your concerns first can help you focus on the facts instead of emotions.

2. Communicate Clearly and Respectfully

Open, respectful conversation is key.

- Choose a good time to talk – avoid approaching when angry or rushed.
- Use 'I' statements e.g., *"I find it difficult to sleep when there's loud music."* instead of *"You're always noisy. Shut that noise off!"*
- Listen to understand. Ask questions to make sure you understand before responding, instead of reacting to what you think they said.

Tip: If face-to-face feels too hard, a polite written note can be a good first step.

3. Find Common Ground

Focus on finding solutions that work for both of you.

- Be willing to compromise.
- Think creatively – sometimes small changes make a big difference.
- Keep future relationships in mind – a good neighbour relationship benefits everyone.

Tip: If you can't resolve the issue together, ICDRS is here to help with free, confidential mediation.

Need Support?

We're ready to help you move forward. Contact ICDRS: 1300 079 345 or email icdrs@interact.support Make an online enquiry - [Enquiry Form ICDRS](#)