



Increase Self-Awareness with the Johari window

The **Johari window** is a technique that helps people better understand their relationship with themselves and others.

In this exercise, you need to pick a number of adjectives from the list on the right, choosing the ones you feel describe your own personality. You then ask friends, family or colleagues to each pick adjectives that describe you. These adjectives are then inserted into a two-by-two grid of four cells.

Room one is the part of yourself that you and others see. **Room two** contains aspects that others see but you are unaware of. **Room three** is the private space you know but hide from others. **Room four** is the unconscious part of us that neither ourselves nor others see.

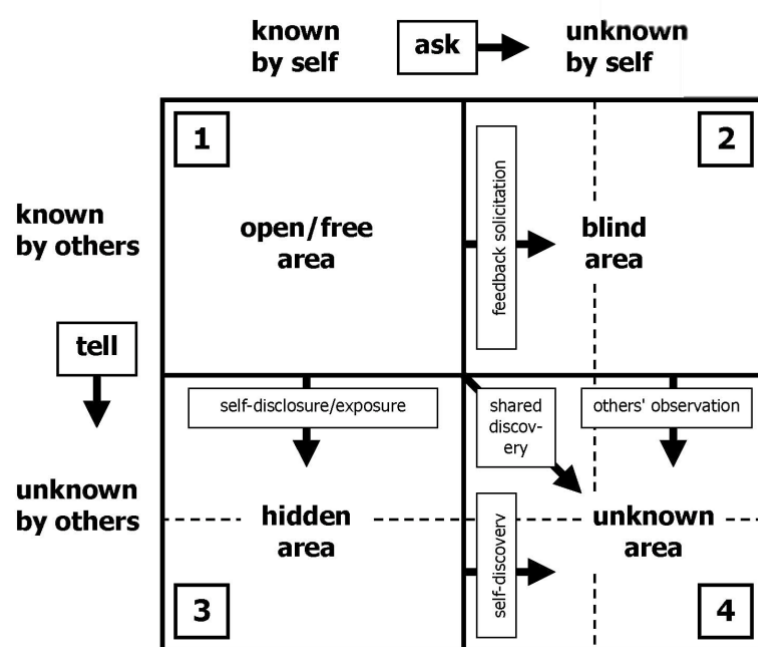
Splitting the adjectives in the four quadrants:

Open: Adjectives that both you and peers select go in this quadrant of the grid. These are traits that you and peers perceive.

Blind: Adjectives not selected by you, but only by your peers go here. These represent what others perceive but the you don't.

Hidden: Adjectives selected by you, but not by any of your peers, go in this quadrant. These are things the peers are either unaware of, or that are untrue but for the subject's claim.

Unknown: Adjectives that neither you nor peers selected go here. They represent your behaviours or motives that no one participating recognizes—either because they do not apply or because of collective ignorance of these traits.



Johari adjectives:

able
 accepting
 adaptable
 bold
 brave
 calm
 caring
 cheerful
 clever
 complex
 confident
 dependable
 dignified
 empathetic

energetic
 extroverted
 friendly
 giving
 happy
 helpful
 idealistic
 independent
 ingenious
 intelligent
 introverted
 kind
 knowledgeable
 logical
 loving

mature
 modest
 nervous
 observant
 organized
 patient
 powerful
 proud
 quiet
 reflective
 relaxed
 religious
 responsive
 searching
 self-assertive
 self-conscious

sensible
 sentimental
 shy
 silly
 spontaneous
 sympathetic
 tense
 trustworthy
 warm
 wise
 witty