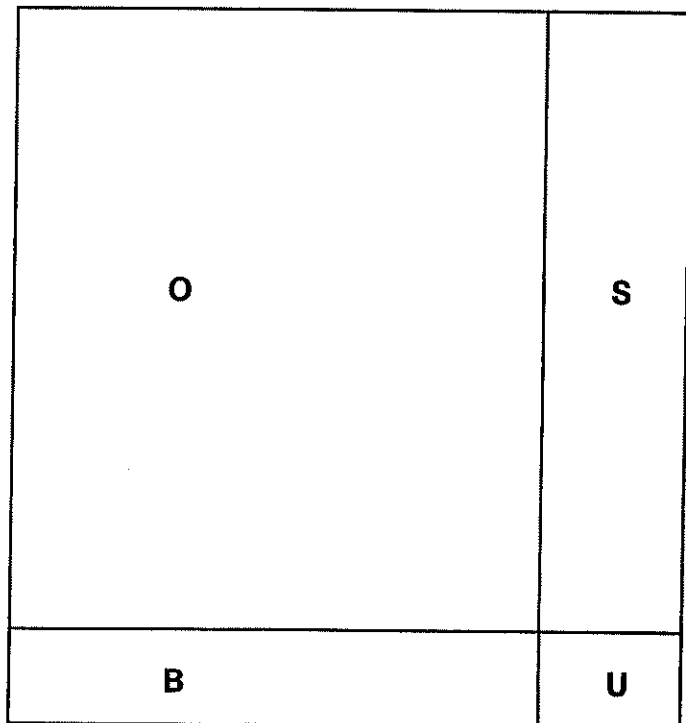
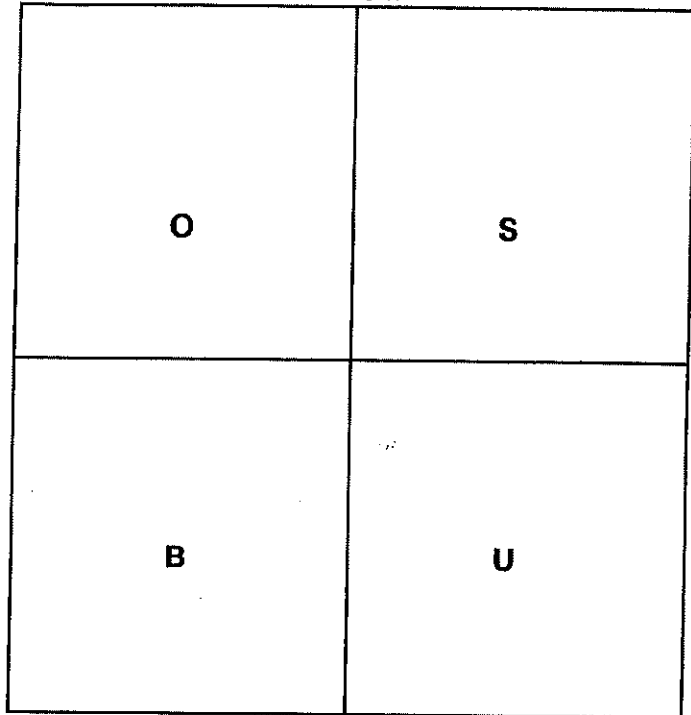


**HOW HIGH-RISK CHOICES CREATE CONFUSION
EXERCISE 6.6**

THE JOHARI WINDOW*



The Open Arena is what we and others know about us.

The Secret Arena is what we know about ourselves that others do not know.

The Blind Arena is what others know about us that we do not know.

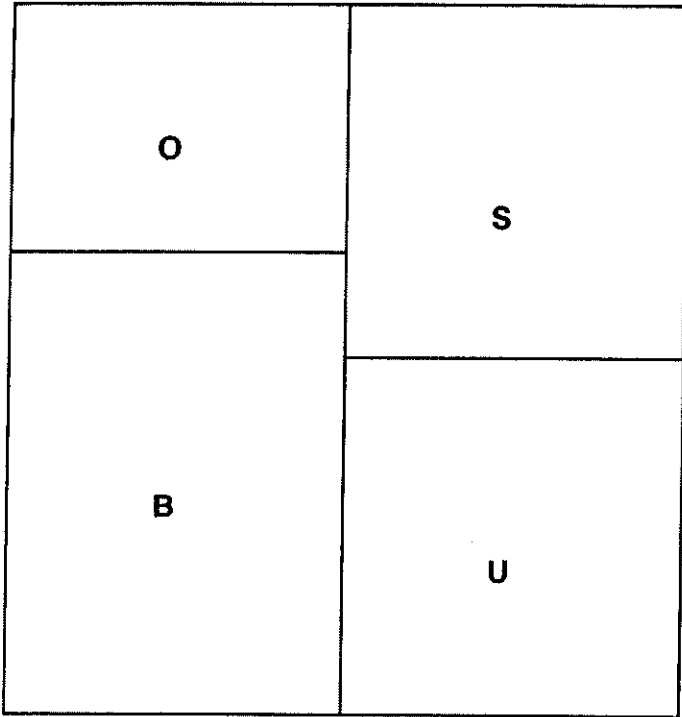
The Unconscious Arena is what we do not know about ourselves and others do not know either.

With Personal Growth...

The Open Arena Gets Much Larger.

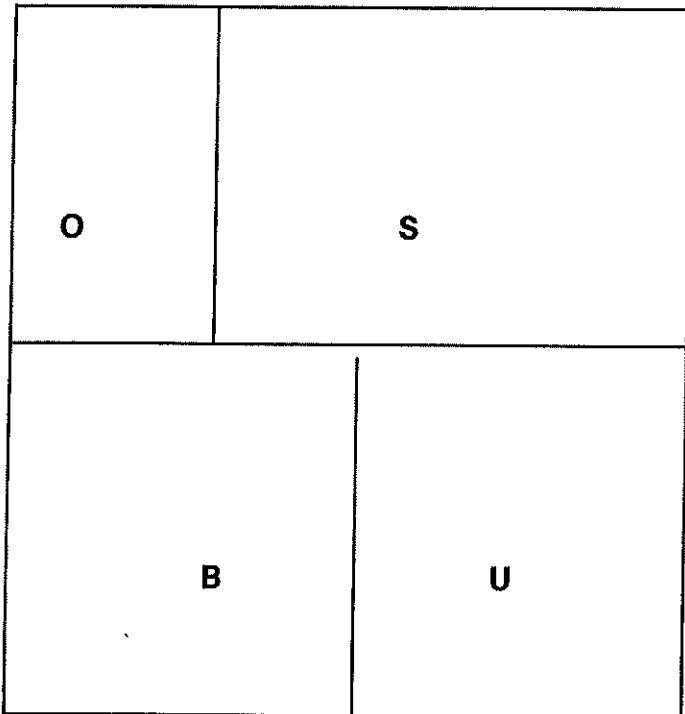
*Adapted from P.C. Hanson, A Model for Soliciting and Giving Feedback, in J. William Pfeiffer and John E. Jones (Eds.) 1973 Annual Handbook for Group Facilitators, San Diego, Ca: Pfeiffer & Company, 1973. Used with permission.

PHASE TWO



In Phase 2 When Social Dependence Is Present...

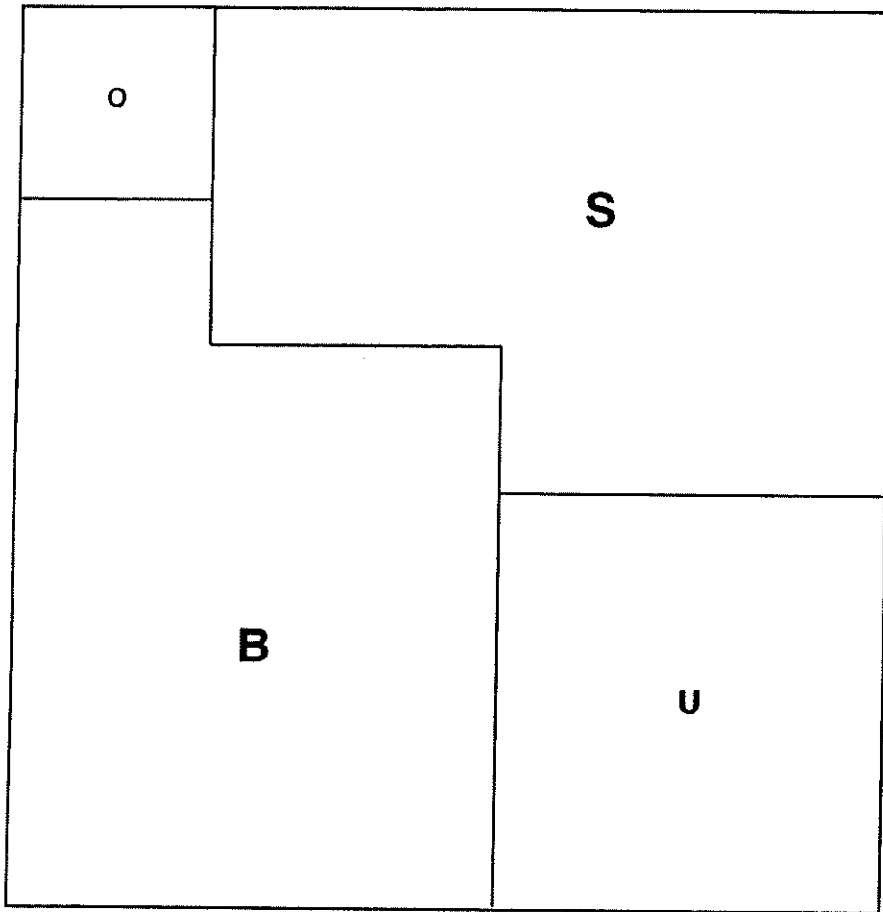
The Blind Area grows the biggest.



In Phase 2 When Social Dependence Is not present...

The Secret Area grows the biggest.

PHASE 4

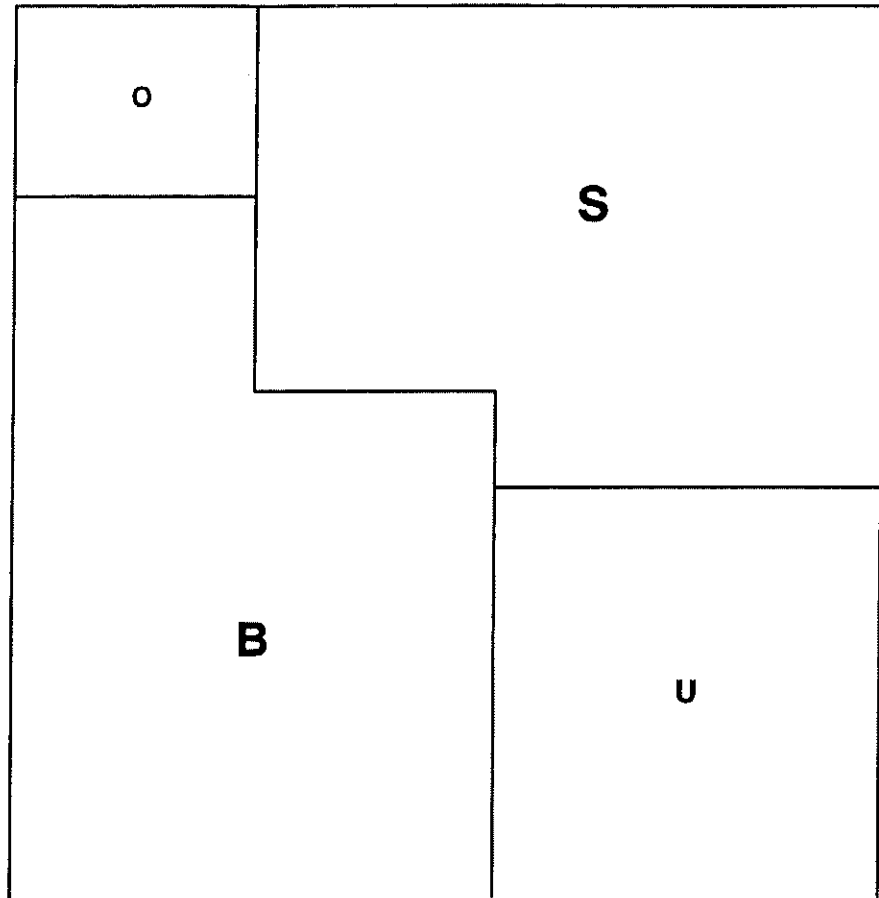


ALCOHOLISM OR DRUG ADDICTION

In Phase 4 the Blind and the Secret Areas grow very large. The Open area shrinks even more.

MY OWN JOHARI WINDOW

What does your Johari Window look like? What is in each area?



IN YOUR SECRET AREA...

- A. Write down 1 or 2 things about your alcohol or drug use that most people don't know. (Include painful feelings.)
- B. Think of someone who knows you, cares about you, and will be honest with you. (This person should not be in your drinking or drug using group.) Are you willing to share something from your Secret Area with this person? If so, write his or her initials in your Secret Area, and draw an arrow to your Open Area. (It stays secret until you tell.)

IN YOUR BLIND AREA...

- A. Write down 1 or 2 times when you did not pay a price for an alcohol or drug problem because someone covered it up or made excuses for you (enabling).