

SELF AWARENESS

The Johari Window

- Model proposed by psychologists Joseph Luft & Harrington Ingham
- Categorizes self awareness in 4 areas - Open, Hidden, Blind, Unknown

	KNOWN TO SELF	UNKNOWN TO SELF
KNOWN TO OTHERS	Open area: Anything you know about yourself and are willing to share with others	Blind area: Anything you do not know about yourself, but that others have become aware of
UNKNOWN TO OTHERS	Hidden area: Anything you know about yourself and are not willing to share with others	Unknown area: Any aspect unknown to you or anyone else

Goal

- Improve understanding of our relationship with self & others
- Promotes personal growth
- Enhances self awareness and exploration

Resources

- List of Traits Words
- Blank Johari Window Template

Self Help Worksheet

Self Awareness

Resource 1: List of Words

Tick the ones that describe me accurately. Feel Free to add additional words in the empty space.		
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 smart spontaneous sympathetic tense trustworthy warm wise witty

Self Help Worksheet

Self Awareness

Resource 2: Johari Window Template

	KNOWN TO SELF	UNKNOWN TO SELF
KNOWN TO OTHERS	Open area	Blind area
UNKNOWN TO OTHERS	Hidden area	Unknown area

Self Help Worksheet

Self Awareness

Instructions:

Step 1: Self Exploration	From the List of Traits provided Mark the traits that you believe describe you well. Feel free to add more if required.
Step 2: Seek Feedback	Share this new list with trusted friends or family members and ask them to mark the traits that they believe describe you. Allow them to add more traits if required.
Step 3: Discover Open Area	Fill in the Open Area Quadrant in Template provided with- 1. Words that were marked by both you & others 2. Traits that you are willing to show & share with others
Step 4: Discover Hidden Area	Fill in the Hidden Area Quadrant in Template provided with - 1. Private thoughts, feelings, habits hidden from others 2. Words that were marked by you but not by others
Step 5: Discover Blind Area	Fill in the Hidden Area Quadrant in Template provided with- 1. Words added & marked by others but not you 2. Traits they mention that you may not be fully aware of
Step 5: Discover Unknown Area	Fill in the Hidden Area Quadrant in Template provided with- 1. Words that were chosen by no one 2. Undiscovered areas of growth that you are unaware of

Reflection & Exploration

- Reflect on the traits in each quadrant
- Consider how you can explore and uncover hidden area
- Try self-discovery activities - journaling, exposure to new things, seeking feedback