

Using the Johari Window with my supervisor has helped me to reflect on who I am.

The Four Panes of the Johari Window

	Known to self	Not known to self
Known to others	<p>This part of your personality is well known to you and to others. It is your "open" or "public" self. You are aware, and you share. The authors referred to this pane as the "arena" (though it may not always be very large).</p>	<p>This part of your personality is well known to others, but not to you. It is the part of you that your "blinkers" conceal. The authors referred to this pane as the "blind spot" (though it may not always be very small).</p>
Not known to others	<p>This part of your personality is well known to you, but not to others. It is your "concealed" or "secret" self. The authors referred to this pane as the "façade", but I would say the façade is what (partly) <i>hides</i> your concealed self.</p>	<p>This part of your personality is not known to you or to others. Its very existence is therefore hypothetical. The authors referred to this pane as the "unknown". An alternative name for it might be "the challenge"!</p>

Reflection can lead to greater self-awareness, which in turn is a first step to positive change. It is a necessary stage in identifying areas for improvement and growth in both personal and professional contexts. Taking time to reflect can help me identify approaches that have worked well, and in that way reinforce good practice when working with clients. "Reflection leads to growth of the individual – morally,