

JOHARI Window Worksheet

Professional Communications OER: Presentations

Introduction

An important part of self-awareness is understanding that the way you view and describe yourself often overlaps only in part with the way others perceive you.

Joseph Luft and Harry Ingham described four dimensions of self-awareness, known as the JOHARI Window. Using this tool in combination with the [exercise](#) and the [journal entry](#) will help you to better understand yourself by investigating how you would describe yourself and comparing and contrasting that to how others would describe you.

	Known to Self	Not Known to Self
Known to Others	(Open Self)	(Blind Self)
Not Known to Others	(Hidden Self)	(Unknown Self)

List of Adjectives

Able	Accepting	Adaptable	Bold	Brave	Calm	Caring
Cheerful	Clever	Complex	Confident	Dependable	Dignified	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

Instructions (if not using the module instructions)

- Download the [JOHARI Window Worksheet](#) and review the list of adjectives. Select 5 or 6 adjectives you would use to best describe your own personality. You can temporarily copy and paste these into the *Hidden Self* cell.
- Print out at least 3 copies of the *Adjective List* from the [JOHARI Window Worksheet](#), and give a copy people you work with (either in formal employment, in volunteer settings, or classmates) whom you can trust to give honest yet supportive feedback. Ask each person to select 5 or 6 adjectives they believe best describe your personality.
 - NOTE: Make sure they do not see the adjectives you chose for yourself.
- When you receive the lists of adjectives from those you asked for feedback copy and paste them into the *Blind Self* cell.
- Review the adjectives in both the *Blind Self* and *Hidden Self* cells. Move any adjectives that appear in both of those cells into the *Open Self* cell.
- Any adjectives that are not present in any cell can be moved from the adjective list into the *Unknown Self* cell.

Attribution

This worksheet and activity is based on:

Luft, J., & Ingram, H. (1955). The Johari Window: A graphic model for interpersonal relations. Los Angeles: University of California Western Training Lab., Luft, J. (1970). Group processes: An introduction to group dynamics (2nd ed.). Palo Alto, CA: National Press Group.