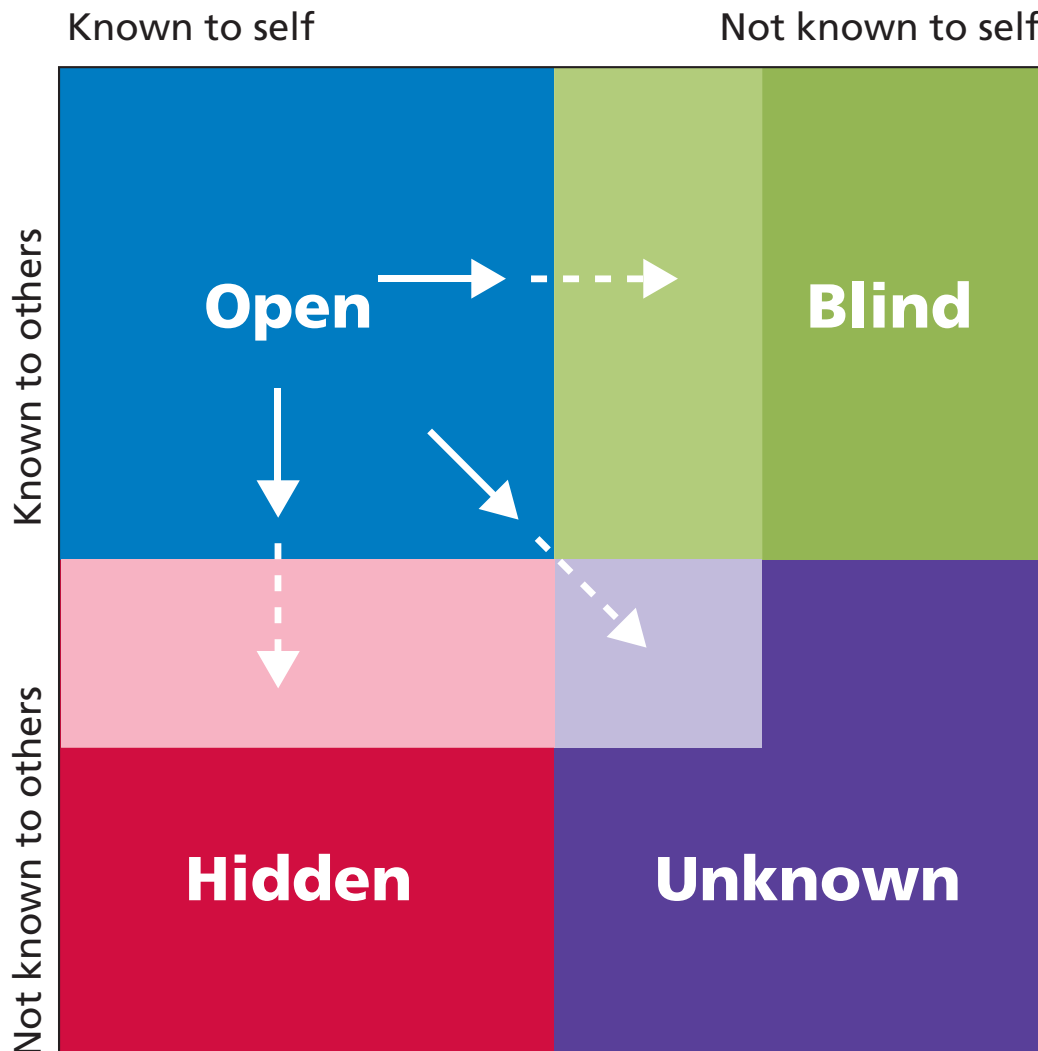


# Johari Window

## A Graphic Model of Awareness in Interpersonal Relationships

It is through **disclosure** and **feedback** that our Open pane is expanded and that we gain access to the potential within us represented by the Unknown pane.



**Open:** The Open area is that part of our conscious self that we're aware of and that we make known to others. This may include: attitudes, behavior, motivation, values, way of life. We move within this area with freedom. We are "open books."

**Hidden:** Our Hidden area is that part of our conscious self that is not meant to be known to others unless we disclose it. We may freely keep certain things hidden, while we may designate other things as hidden out of fear. The degree to which we share ourselves with others (disclosure) is the degree to which we can be truly known. Examples of information in the Hidden area include: fears, sensitivities, manipulative intentions.

**Blind:** The Blind area includes things about ourselves that we don't realize but that others can see about us. It also includes things we imagine to be true of ourselves for a variety of reasons but that others do not perceive. When others say what they observe (feedback) – in a supportive, responsible way – and we are able to hear it, we can test the reality of who we are and are able to grow.

**Unknown:** The Unknown area holds information that is usually invisible to ourselves and to others. It represents a part of our unconscious, rather than our conscious, self. From time to time we gain access to information in this area – perhaps because of something we have felt, read, heard, or dreamed that causes something in our unconscious to be revealed. Then we know more about our own richness and complexity than we had known before.