

THE JOHARI WINDOW

A Johari Window¹ consists of the following 55 adjectives used as possible descriptions of the participant. In alphabetical order they are:



¹ Adapted from: Darden, K. (2003). Understanding ourselves better. Career Life Institute Retrieved on February 16, 2009 from http://www.careerlife.net/assessments/assessments.html&usg=__v_q3XSKFRCEMYxAOgzh4hQqW0bY=&h=340&w=337&sz=15&hl=en&start=18&tbnid=Lp_aki9mAfvbkM:&tbnh=119&tbnw=118&prev=/images%3Fq%3DJohari%2BWindow%26gbv%3D2%26hl%3Den%26rlz%3D1T4GWYE_enUS298US298%26sa%3DG

JOHARI WINDOW

ISCRPTIVE TERMS LIST

• able	• dependable	• intelligent	• patient	• sensible
• accepting	• dignified	• introverted	• powerful	• sentimental
• adaptable	• energetic	• kind	• proud	• shy
• bold	• extroverted	• knowledgeable	• quiet	• silly
• brave	• friendly	• logical	• reflective	• spontaneous
• calm	• giving	• loving	• relaxed	• sympathetic
• caring	• happy	• mature	• religious	• tense
• cheerful	• helpful	• modest	• responsive	• trustworthy
• clever	• idealistic	• nervous	• searching	• warm
• complex	• independent	• observant	• assertive	• wise
• confident	• ingenious	• organized	• conscious	• witty

INSTRUCTIONS

1. Each person chooses 5 adjectives to describe one another. For example, Person A will choose 5 adjectives to describe him- or herself. Person B will choose 5 adjectives to describe Person A.
2. Adjectives that are selected by **both the participant and his or her peer(s)** are placed into the **Arena²** quadrant.
3. Adjectives **selected only by the participant**, but not by any of their peers, are placed into the **Façade³** quadrant.
4. Adjectives that are not **selected by the participant but only by their peers** are placed into the **Blind Spot⁴** quadrant.
5. Adjectives that are **not selected** are assigned to the **Unknown⁵** quadrant, representing **behaviours and/or motives that were not recognized by either participant**.
6. After the exercise is completed for Person A, repeat these steps for Person B.

² This quadrant represents traits about which the subject and their peers are aware.

³ This quadrant represents information about the subject of which their person are unaware. Disclosure is at the discretion of the subject.

⁴ This quadrant represents what others see in the subject that the subject does not see. Disclosure is at the discretion of the peers who observe these traits in the subject.

⁵ Unused terms in the Unknown Quadrant do not necessarily apply. These could be unknown because neither party is aware of they exist or because they do not exist in the subject..

JAHARI WINDOW –WORKSHEET

	CONSCIOUS	PRIVATE
PUBLIC	<p><u>FACADE</u> Private Self (Public/Unconscious) <i>Known to me only</i></p>	<p><u>ARENA</u> Public Self (Public/Conscious) <i>Known to me and others</i></p>
	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
PRIVATE	<p><u>UNKNOWN</u> Unknown Self (Private/Unconscious) Not known to me or anyone else</p>	<p><u>BLIND SPOT</u> Hidden Self (Public/Unconscious) Known to others but not to me</p>
	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
	UNCONSCIOUS	