

The Johari Window Model

A simple and useful tool for illustrating and improving your self-awareness

It is a simple, but effective way of reviewing your own, or another member of team, 'soft' skills, behaviour, empathy, cooperation, inter-group development and interpersonal development. But for it to work, you must be honest.

KNOWN TO SELF

NOT KNOWN TO SELF

KNOWN TO OTHERS

Open

Blind spot

NOT KNOWN TO OTHERS

Hidden spot

Unknown

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Template sheet 1 - your thoughts

INFORMATION YOU CAN ANSWER YOURSELF

OPEN

Think about your attitudes, behaviour, emotions, feelings, skills and views which will be known & seen by others person - as well as you

HIDDEN

This about what is known about you but you keep unknown from others - such as feelings, past experiences, fears, secrets etc.

INFORMATION YOU WILL NEED PEOPLE TO TELL YOU ABOUT

BLIND

Think about what others know about you - but you will be unaware of it. Others may interpret yourselves differently than you expect.

UNKNOWN

You and other will be unaware of these. They can be hidden due to traumatic past events which can be unknown during a lifetime.

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Template sheet 2 - your window

