

## Focusing on Self-Awareness with the Johari Window

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### The Johari Window



### Drawing Your Johari Window

**Instructions:** In the space below, based on the description provided of each window, draw how you believe your current Johari window looks. Think of what percentages you would ascribe to each self as you draw the windows. You will only be given 1 minute to draw your window. Be ready to share with a partner.

## Johari Window Adjectives

**Instructions:** Circle the adjectives below which best describe you. Include at least three adjectives that others have used to describe you (even if you don't agree with them).

Able	Confident	Independent	Nervous	Responsive	Tense
Accepting	Dependable	Ingenious	Observant	Searching	Trustworthy
Adaptable	Dignified	Intelligent	Organized	Self-assertive	Warm
Bold	Energetic	Introverted	Patient	Self-Conscious	Wise
Brave	Extroverted	Kind	Powerful	Sensible	Witty
Calm	Friendly	Knowledgeable	Proud	Sentimental	
Caring	Giving	Logical	Quiet	Shy	
Cheerful	Happy	Loving	Reflective	Silly	
Clever	Helpful	Mature	Relaxed	Spontaneous	
Complex	Idealistic	Modest	Religious	Sympathetic	

## Adding to Your Johari Window

**Instructions:** Using the selections above, place the adjectives in the boxes that best describe where they fit for you.

	<i>Known to Self</i>	<i>Unknown to Self</i>
<i>Known to Others</i>	<u>Open Self</u>	<u>Blind Self</u>
<i>Unknown to Others</i>	<u>Hidden Self</u>	<u>Unknown Self</u>