



The Johari Window considers two dimensions to understanding yourself:

- Aspects of our behaviour which are known to US, that we can TELL to others.
- Aspects of our behaviour which are known to OTHERS, that we can ASK about.

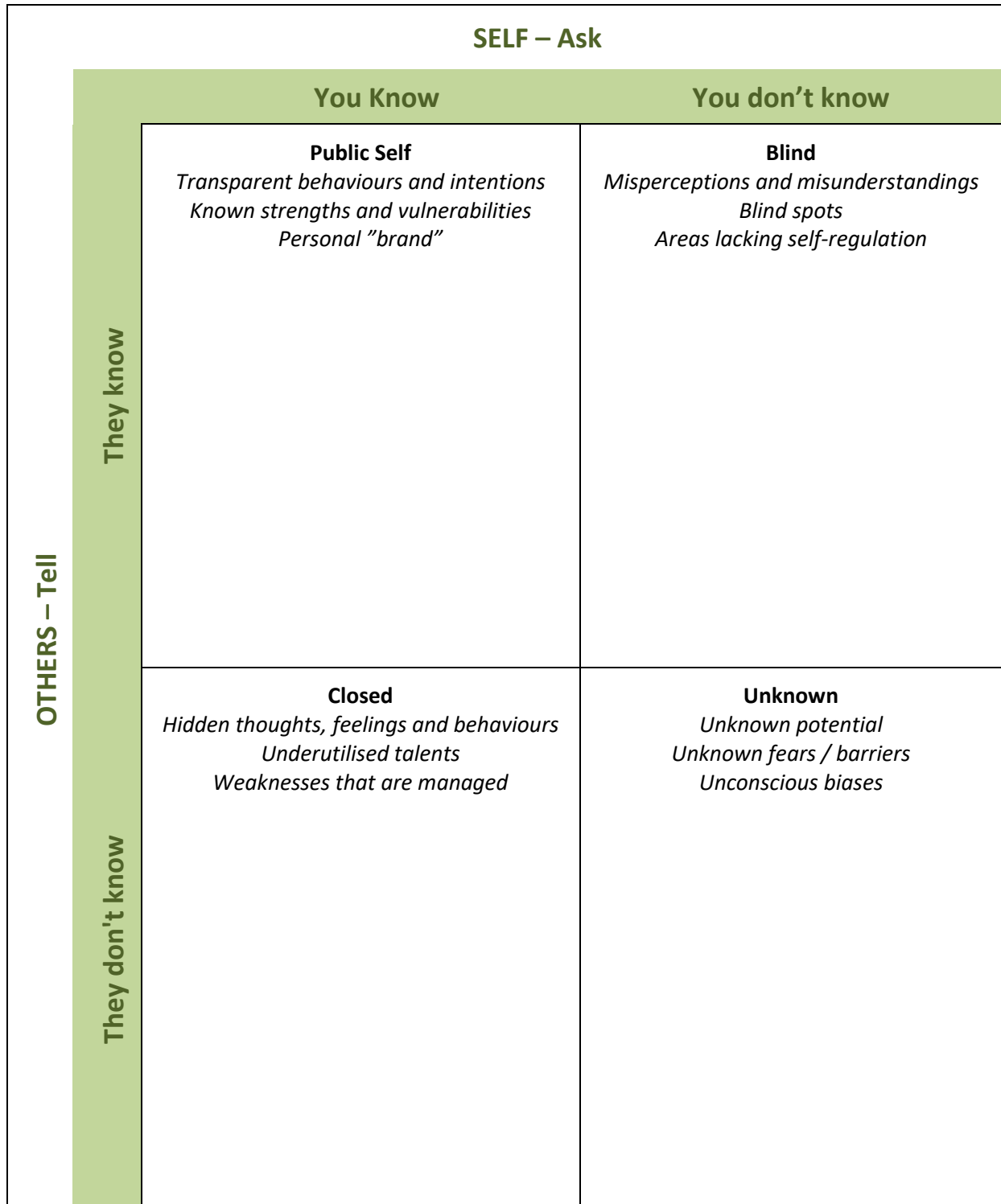
In the original exercise the subject selects 5 – 6 adjectives to describe themselves from a list, and then their peers are asked to do the same. The adjectives are then placed in the appropriate quadrant and can be discussed.

This tool is also used without actual feedback from others and the subject speculates on what is seen and known to others.

This disclosure / feedback model of self-awareness can be explored in mentoring conversations and facilitates self-discovery over time.

It can also be used in a more focused way to explore attitudes and behaviours around a particular issue or goal.

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



Luft, J.; Ingham, H. (1955). "The Johari window, a graphic model of interpersonal awareness". Proceedings of the Western Training Laboratory in Group Development. Los Angeles: University of California, Los Angeles.