

	<b>Known to self</b>	
	Not known to self Not known to others “Unknown Self”	Known to self Not known to others “Private Self”
<b>Known to others</b>	Known to others Not known to self “Blind spot”	Known to self Known to others “Public Self”

## THE JOHARI WINDOW

**Directions:** Write the parts of yourself that fit in the various windows. For instance, in “Private Self,” write the things you keep private, such as, “family issues,” and “how much money I make.” The idea is to increase the public self without becoming too diffuse in your boundaries.

In order to fill out the “blind spot” section, you may want to ask God and trusted friends their opinion. This demands courage and transparency.

<p>Unknown self:</p> <p>All the content of the private self can also be unknown.</p>	<p>Private self:</p> <p>Events such as traumas, conflicts, relationship problems, embarrassments.</p> <p>Feelings such as hate, envy, fear, insecurity, sadness, despair.</p> <p>Thoughts such as judgments, obsessions, beliefs.</p> <p>Behaviors such as habits, choices, addictions.</p> <p>Personal information such as past history, income, preferences, views.</p>
<p>Blind spot:</p> <p>Character flaws such as greed, selfishness, vanity, pride, oversensitivity.</p> <p>Character excellencies such as generosity, caring, humility and resilience.</p>	<p>Public self:</p> <p>Personality traits such as fun-loving, humorous, generous, warm, harsh, indifferent, strong.</p> <p>Public information such as spouse, children, address, job.</p> <p>Opinions and views such as politics, religion.</p>

Use these lists to prompt your lists. Be specific, so that instead of putting in the private self box: “habits,” put “watching TV late at night” or instead of “trauma” put “my parents’ divorce.”