

# JOHARI WINDOW

A model for self-awareness, feedback and relationships

## AT A GLANCE



The Johari Window describes what is known or unknown to ourselves and to others. Its four areas change through reflection, feedback and appropriate disclosure.

## KEY IDEAS

### OPEN AREA

Known to self and known to others.

### BLIND AREA

Known to others but not yet recognised by self.

### HIDDEN AREA

Known to self but not shared with others.

### UNKNOWN AREA

Not yet known to self or others.

## WHY IT MATTERS



The model offers a simple language for developing self-awareness and relational trust without assuming total openness is always appropriate.

## PUTTING THE IDEA INTO PRACTICE

1

### REFLECT

Notice patterns, strengths and needs.

2

### SEEK FEEDBACK

Ask trusted people for specific observations.

3

### DISCLOSE SELECTIVELY

Share appropriately where safety and purpose support it.

4

### EXPLORE

Try new experiences and remain curious about what emerges.

## REFLECTION PROMPTS

1

What do I openly recognise?

---

---

2

What feedback could be useful?

---

---

3

What might be ready for safe disclosure?

---

---

**Use this resource as a starting point for reflection, not as a test or diagnosis.**

Different experiences, cultures and circumstances may require different understandings.