

## Johari Window

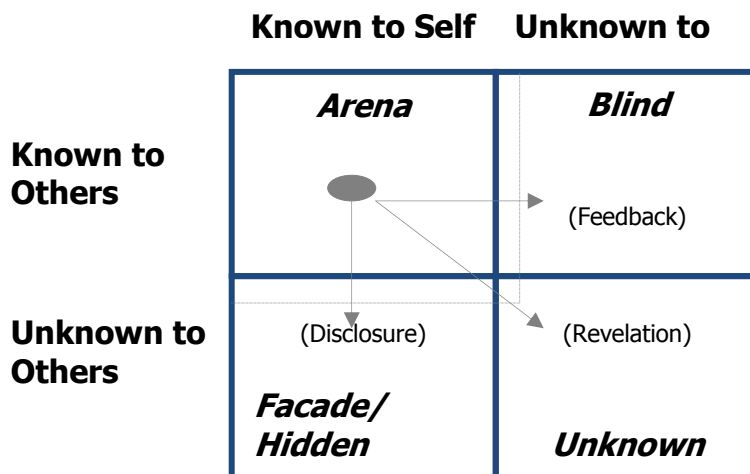


The self-concept is a self-describing expression. It is what people think of themselves; it is how people see themselves, not as they say they are or as other people see them.

In reality it is the sum total of what people refer to when they refer to themselves as “I” and “me”, and how the “I” and “me”, relate to others, to their environment, to their values as well as the values we attach to different human relationships.

The most useful way through which we can approach this wonderful and exciting reality of the self is to see it in a picture.

The four panels represent the whole self.



**The Arena (Free space):** My conscious attitudes, my behaviours that I know, understand and also seen and accepted by others, my values and the way they are lived. This knowledge is available to others. In this area I am free since I know myself and am known by others.

**Facade/Hidden:** This area of my being cannot be known to others, unless I choose to disclose it to them. I retain this knowledge often out of fear and mistrust. This area can be enlarged through my willingness to disclose to others that which is hidden.

**Blind:** This is knowledge that others have of me, but unknown to me. Those who are close to me, those who love me in a responsible way, can help me to know more of this area of my self, if I am able to hear it!

**Unknown:** I am more rich (hopefully) and complex than both others and I know. Sometimes it is felt, read, dreamt, or something happens and my unconscious is revealed to me and I know what I have not known before.



As the Blind and Hidden panels are opened up and become enlarged, one begins to open up the totally Unknown area. This experience is a revelation and is sometimes referred to as the “Aha” experience. The excitement and wonder of personal growth is increased when we realize that the self grows and develops through experiences with others.

As we learn and grow personally, we learn to trust the deep and abiding need for warmth and acceptance. When we receive these gifts from others we begin to fill another deep human need – that of positive self-regard – a deeper sense of self-worth.

We need to remember that we have a self only in as much as others give it to us.

*Reference: 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: UCLA).*