

# LET WALLY SHOW YOU HOW TO BECOME MORE SELF AWARE!

This is called the **JOHARI WINDOW** exercise.

Choose 5 or 6 words from the list of 56 adjectives below which you feel best describe your personality

- able
- accepting
- adaptable
- bold
- brave
- calm
- caring
- cheerful
- clever
- complex
- confident
- dependable
- dignified
- energetic

- extroverted
- friendly
- giving
- happy
- helpful
- idealistic
- independent
- ingenious
- intelligent
- introverted
- kind
- knowledgeable
- logical
- loving

- mature
- modest
- nervous
- observant
- organized
- patient
- powerful
- proud
- quiet
- reflective
- relaxed
- religious
- responsive
- searching

- self-assertive
- self-conscious
- sensible
- sentimental
- shy
- silly
- smart
- spontaneous
- sympathetic
- tense
- trustworthy
- warm
- wise
- witty



Now....ask your friends/peers to choose 5 or 6 adjectives from the list which they feel best describes your personality.

Finally.....draw a 'Johari Window' (right) in your notebook and place the adjectives chosen about you (by you and your friends) into the most relevant quadrants.

## 1 Known Self

Things we know about ourselves & others know about us

## 2 Hidden Self

Things we know about ourselves that others do not know

## 3 Blind Self

Things others know about us that we do not know

## 4 Unknown Self

Things neither we nor others know about us

### What did you learn about yourself?

**Known self:** Adjectives that are selected by both the participant and his or her peers are placed into the "Known self" quadrant. This quadrant represents traits of the subjects that both they and their peers are aware of.

**Hidden self:** Adjectives selected only by subjects, but not by any of their peers, are placed into the Hidden quadrant, representing information about them their peers are unaware of. It is then up to the subject to disclose this information or not.

**Blind Spot:** Adjectives that are not selected by subjects but only by their peers are placed into the Blind Spot quadrant. These represent information that the subject is not aware of, but others are, and they can decide whether and how to inform the individual about these "blind spots".

**Unknown Self:** Adjectives that were not selected by either subjects or their peers remain in the "Unknown self" quadrant, representing the participant's behaviors or motives that were not recognized by anyone participating. This may be because they do not apply or because there is collective ignorance of the existence of these traits. One facet of interest in this area is our human potential. Our potential is unknown to us, and others.