

Johari's Window Worksheet

	Known to Self	Not Known to Self
Known to Others	<p>Open: These are the personal characteristics and traits that you openly accept and that your friends know you for regarding feelings, motives, desires, and needs. The idea is that the more I am willing to tell you about myself here, the better you will know and understand me. What traits, desires, needs, and feelings word are you known for? What do you show others?</p>	<p>Blind: This is a blind spot for self. Here these are traits that others make you aware of, call you out on and include ways of speaking, habits you might not be aware of and emotions that others ascribe to you that may be unintentional. What do others say about you that you may not agree with or see?</p>
Not know to Others	<p>Hidden: This is where you have traits that you hide from others. Sometimes intentionally, because of safety, or because of shame these parts of self are not shown to others. What is often hidden from others- all parts, the fear, the joy, the weird, the shame?</p>	<p>Unknown: This is Unknown for all and should be left blank. The traits and characteristics here are not known to self or to others and are in development. You can jot down what you hope to discover about self and demonstrate with others.</p>

Johari's Window Journal Sheet

	Known to Self	Not Known to Self
Known to Others	Open	Blind
Not know to Others	Hidden	Unknown

