

The Johari Window

Negative events can make us close off to ourselves and others. Negative beliefs/ feelings may colour how we see ourselves. We can broaden this.

	Known to self	Not known to self
Known to others	The open self These are characteristics, traits, skills and qualities known to you and others	The blind self These are characteristics, traits, skills and qualities known to others that you can't see.
Not Known to others	The hidden self These are characteristics, traits, skills and qualities known to you but not to others.	The unknown self These are characteristics, traits, skills and qualities yet to be discovered

The open self expanding is often good for mental health. It makes us more self-assured and accepting. Consider the positives you have heard from others to move things from the blind to open self, consider things you can trust yourself to share to move from the hidden to open self. As you experience things, reflect on how they feel to see if you can detect things from the unknown self. These can be discussed in session to assist.