Johari Window

Relationships: Seeing Yourself as Others See You

The Johari window is a simple model of what you and other people know about you. Psychologists Joseph Luft and Harrington Ingham created it in 1955, and the name joins their first names, Joe and Harry. It splits what is known about you into four panes. Luft linked a larger open pane with better communication and more trust, and you can grow it by sharing more of yourself and asking for kind feedback.

1 The four panes

	Known to me	Not known to me
Known to others	**Open:** things you and others both see, like your sense of humor or how much you love your dog.	**Blind:** things others notice that you do not, like a habit of interrupting or how calming you are to be around.
Not known to others	**Hidden:** things you know but keep to yourself, like a worry, a hope, or something from your past.	**Unknown:** things nobody has noticed yet, like a talent you have never had the chance to try.

Why does this work? *Feedback from others shrinks your blind pane, and sharing more of yourself shrinks your hidden pane. Research on opening up to others has found that people tend to like those who share personal things with them, and that people also like someone more after opening up to them.*

2 Describe yourself

Circle five or six words from the list that you think describe you best. You can add your own words too.

- curious
- funny
- thoughtful
- loyal
- patient
- creative
- determined
- gentle
- practical
- generous
- easygoing
- careful
- playful
- reliable
- brave
- private
- outspoken
- encouraging
- organized
- sensitive
- calm
- hardworking
- independent
- kind

The words I chose for myself:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

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3 Ask someone you trust

Show the same list to one or two people who know you well and care about you. Ask each of them to pick five or six words that describe you, without looking at your choices first.

Words they chose:

4 Fill in your window

Open: words we both chose

Blind: words only they chose

Hidden: words only I chose

Unknown: things I would like to try

5 Reflect

What surprised me in my blind pane, and how do I feel about it?

One thing from my hidden pane I might share with someone I trust:

Feedback can sting, even from someone kind. Choose people who want good things for you, and remember that their words are one view of you among many.

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