

JOHARI WINDOW

Each person's Johari Window is made up of their essence: their habits, preferences, beliefs, automatic responses, language, tendencies, reactions and so on.

Some of those things about ourselves are known by others. Some are not.

Some of those things we know about ourselves. Others we don't.

The Johari Window suggests all relationships (including the relationship we have with ourselves) improve when our "Open Area" is as large as possible. The recommendation: share what you know about yourself and engage in self-development.

