

Instructions for Completing the Johari Window

To get the most us of this experience, it is important to approach the exercise with an open mind, and a sense of curiosity and non-attachment. None of us knows what we don't know, and this can often provide very powerful nuggets for development and growth. In order to give some structure to the process, we suggest you use the following list of adjectives as a starting point for completing the framework. The richness then comes in the conversation about what has and hasn't been included, and where particular words are placed.

1. From the List of 56 adjectives below please, with positive intention, select the adjectives that you feel describe you most aptly. NOTE: This list is s guide only, and as you will see errs on the positive side. If there are limiting aspects that you know about yourself, you can also include them here in order to get the fullest picture.
2. Ask several other people to also use the same list and select adjectives they would use to describe you, and likewise if there are other words they want to use, either positive or limiting then invite them to also name them.
3. Once the adjectives are selected you will use the diagram on the next page to populate each of the four boxes
4. It is recommended that if more than one person selects a particular adjective – that you bold it so that it stands out.

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	Organised	Patient	Powerful	Proud	Quiet	Reflective	Relaxed	Religious
Responsive	Searching	Self-assertive	Self-conscious	Sensible	Sentimental	Shy	Silly	Smart	Spontaneous
Sympathetic	Tense	Trustworthy	Warm	Wise	Wity				