

## Instructions for Completing the Johari Window : Using Adjective List

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 adjectives below please, with positive intention, select 5-6 adjectives that you feel describe you most aptly. NOTE: This list is a 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 5-6 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 by both yourself and others, 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	Adventurous	Agreeable	Alert	Bold	Brave	Calm	Caring
Cautious	Cheerful	Clever	Complex	Confident	Curious	Dependable	Different	Dignified	Eager
Encouraging	Energetic	Extroverted	Fair	Friendly	Gentle	Giving	Happy	Helpful	Idealistic
Independent	Ingenious	Inquisitive	Intelligent	introverted	Joyous	Kind	Knowledgeable	Logical	Loving
Mature	Modest	Nervous	Nice	Obedient	Observant	Open	Organised	Patient	Poised
Powerful	Proud	Quiet	Reflective	Relaxed	Religious	Responsive	Searching	Self-assertive	Self-conscious
Sensible	Sentimental	Shy	Smart	Spontaneous	Successful	Sympathetic	Talented	Tenacious	Tender
Tense	Thoughtful	Tough	Trusting	Trustworthy	Warm	Wise	Whitty	Zany	Zealous

5. Placement follows the following order
  - ARENA – attributes you selected for yourself, and other people also selected for you. (Typically, the most prevalent or obvious factors) “Everyone knows I’m...”
  - BLIND SPOT – attributes others selected for you that you didn’t select for yourself. (Subconscious or external perspectives you don’t identify with ) “I didn’t know I am seen as ....”
  - FAÇADE – attributes you selected for yourself, that others didn’t select for you. (Characteristics that aren’t externally present or obvious) “I feel like ..... but I don’t share that”; “You don’t see ..... in me?”
  - VEILED – attributes that neither you nor others selected. (Irrelevant Characteristics) “I’m not .....

## The Johari Window : 2x2

Please plot your words on the table below. Highlight the words chosen more than once by others. Circle any words that are mentioned as being in your blind spot – these are ones you are going to want to understand – how they show up to others. The impact positive or negative. And circle those attributes you believe are you but are not seen by others – thus are in the Façade. The Basis of the exploration of different perspectives through curiosity and inquiry is the next step.

	<b>Known to Self</b>	<b>Known to Others</b>
<b>Known to Others</b>		
<b>Not Known to Others</b>		

**NOTE:** you can just type into the table