



ENLIGHTEN EXERCISE #37

Johari Window

Two psychologists, Joseph Luft and Harry Inghman created the *Johari Window* to highlight what is known to our self and to others. How open are you with others? The Johari Window and questions below will help you to see how others might perceive you.

	Known to Self	Not Known to Self
Known to Others	Open	Blind Spot
Not Known to Others	Hidden	Unknown

Open (Known to yourself and Known to others):

What do you share openly with a significant other/partner?

What do you share openly with others at work?

What do you share openly with family members?

What do share openly with friends?