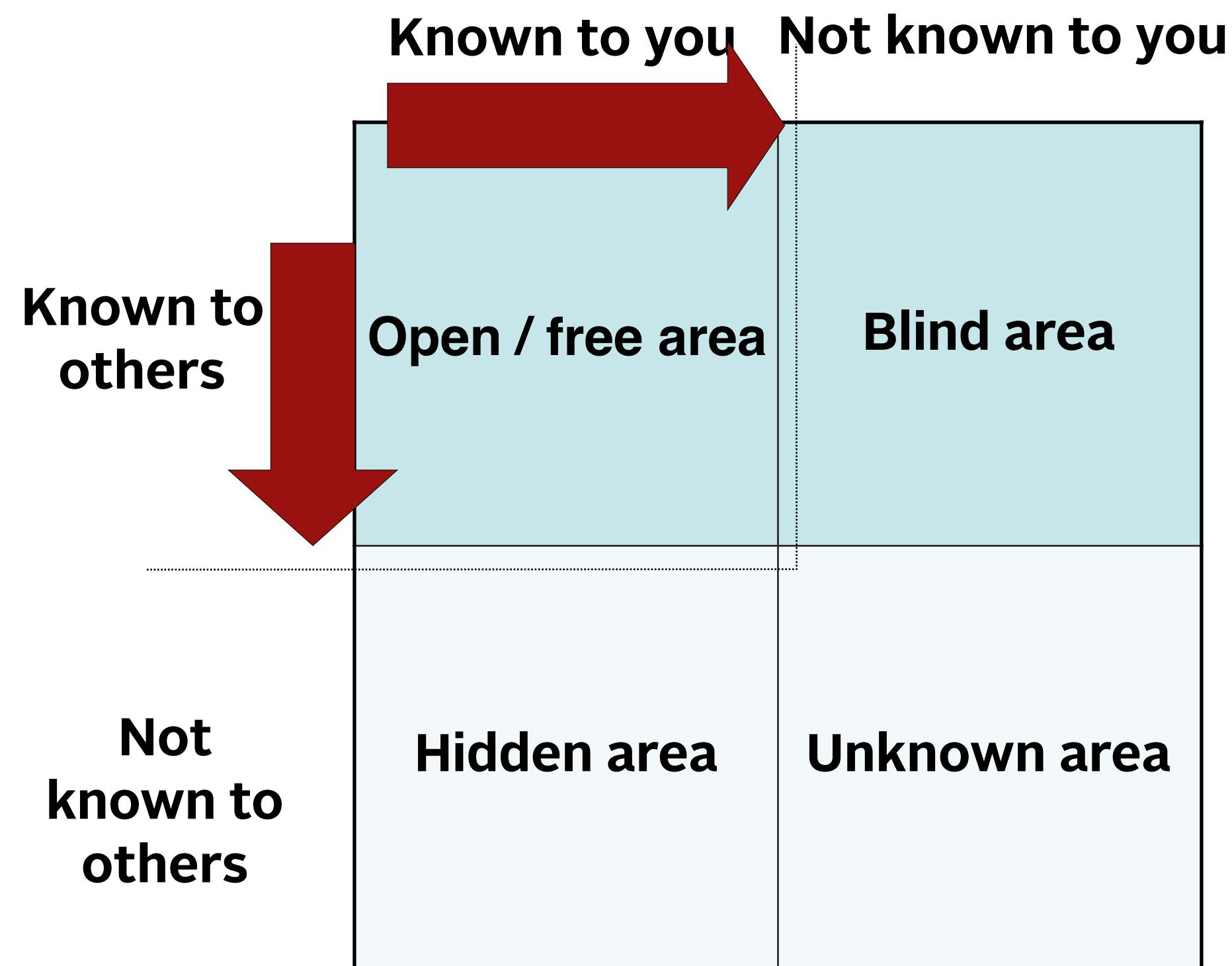


# The Johari-window



- **Open / free area**

The area of your personality that is known both by you and by others. This is the behaviour and personality you want others to see and experience. The open area's is affected by every situation. It will typically be large in known and safe situations, and smaller in unknown and unsafe situations.

- **The blind area**

The behaviour and personality that is unknown to you, but known by others. One example is that your surroundings know that you get irritable, when you are hungry, something you are unaware of. Maybe, when you want to appear certain and warm-hearted, and you come across as dominating and arrogant.

- **The hidden area**

The part(s) of your behaviour and personality that you are aware of and consciously and/or subconsciously hide for others.

- **The unknown area**

The behaviour and personality that is unknown to you and to others. It can be fear, phobias, skills and talents that you have. If you have never ridden a unicycle, you have no way of knowing if you have the skills or not. If you have never seen a snake, you only know, if you are afraid of them, when you see them. The unknown area may contain behaviour and personality features that will be activated in certain situations you are still to experience.

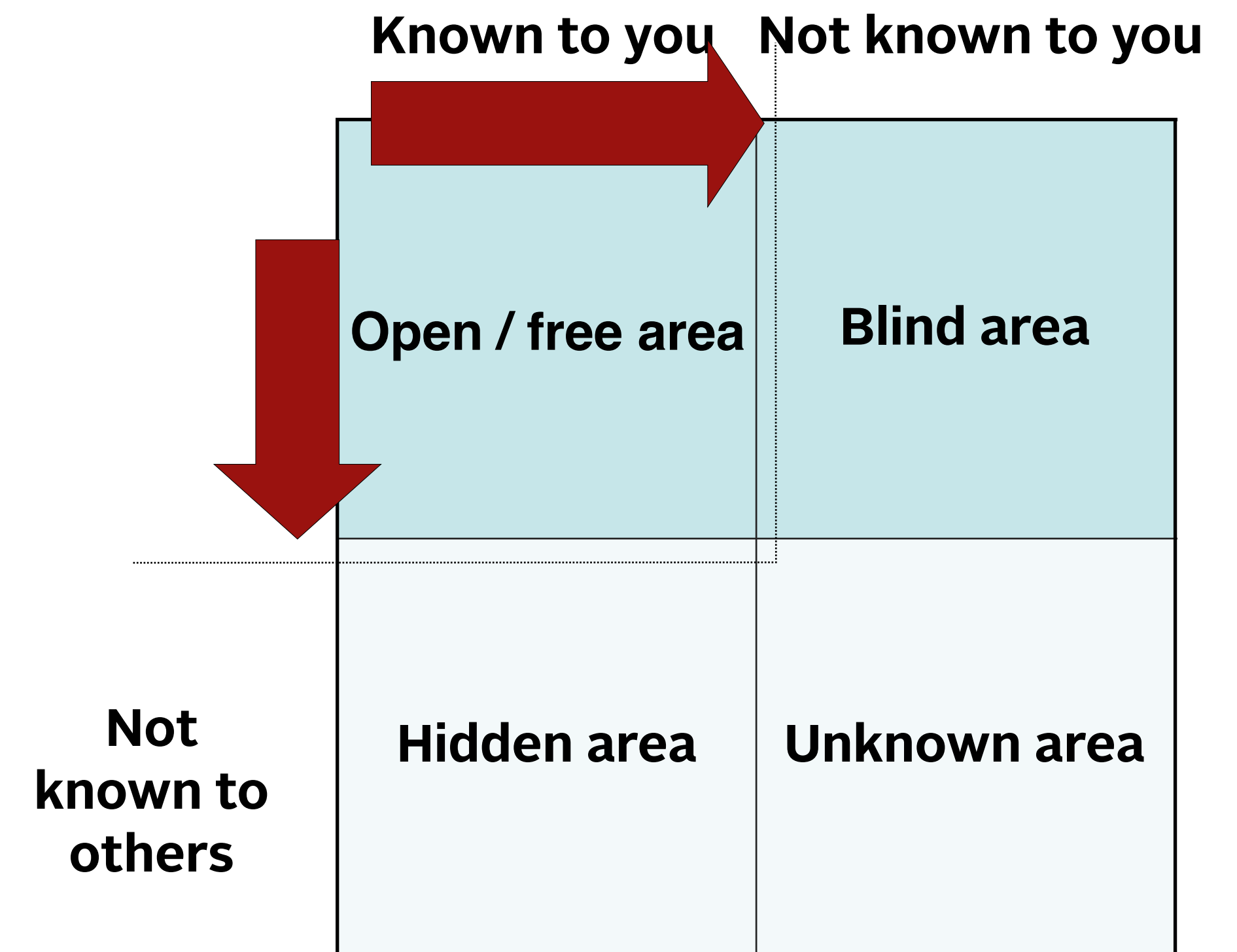
# What is your Johari window?

Area known to you

What you think is your blind area

Your hidden area

What you think is your unknown area



**Known to self**

**Not known to self**

Open/free area

Blind area

**Known to others**

Hidden area

Unknown area

**Not known to others**