

The Johari Window proposes four areas that make up our whole self: **public self**, **blind self**, **private self** and **unknown self** (undiscovered potential).

We can develop and expand our public self by inviting and receiving feedback about our blind self, and by disclosing appropriate areas of our private self. It is through this expansion that we develop our understanding of ourselves and others, so helping us to build relationships and begin to develop our potential. It is here that effective and trusting working relationships are formed and grown. The larger the public self the better the relationship.

- **Public self** is the area with which we are most comfortable: I can see into this area and so can other people. It is also what I know about myself and what others know about me.

- **Blind self** is the area of my life where other people can see things about me to which I am blind.

These may be outstanding qualities or unhelpful qualities that are holding me back from growth and improvement. **Without feedback I will stay the way I am; with feedback I can choose to change behaviours.**

- **Unknown self** is sometimes referred to as the undiscovered, or hidden, or deeper self, and often as our undiscovered potential. This quadrant represents things that I have yet to discover about myself, and that others have yet to discover too.

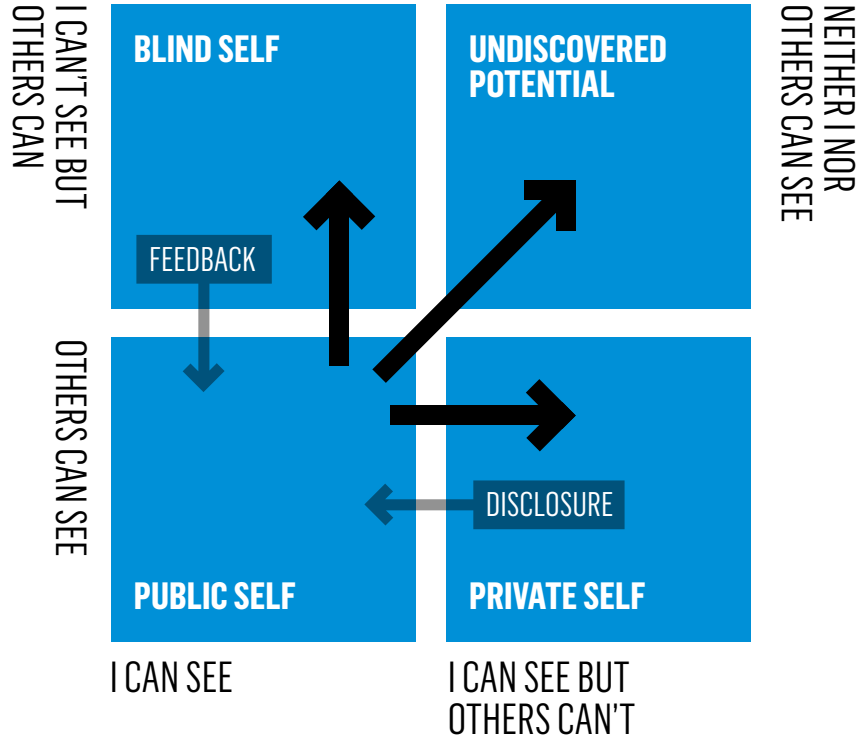
- **Private self** is the area of my life that I choose to keep private, perhaps out of shyness, lack of confidence, or because I do not trust others enough to share it with them – yet. **It is worth considering whether some disclosure of this information might release growth within me.**

Source: Luft, J. (1969). 'Of Human Interaction: Johari Model.'

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## THE JOHARI WINDOW

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