

Johari Window

The Johari Window is a framework you and your team can use to develop better self-awareness of your conscious and unconscious biases. You can use it to compare what you consider to be your own strengths and weaknesses to others' perceptions of them. You can use the Johari Window in teams, partnerships or relationships to build trust, develop self-awareness, and improve understanding and interpersonal relationships.

The Johari Window is split into four quadrants:

- the Open Arena (things you know about yourself),
- the Blind Spot (things you don't know about yourself, but others do),
- the Hidden or Masked Area (things you know about yourself, but keep hidden), and
- the Unknown or Unconscious Area (things that are unknown to you and to others).

<https://www.bing.com/videos/riverview/relatedvideo?q=johari+window&&mid=CA093D9B785C30CEBB7ECA093D9B785C30CEBB7E&FORM=VCGVRP>

<https://www.bing.com/videos/riverview/relatedvideo?q=johari+window&&mid=02421E705ADC065F99E802421E705ADC065F99E8&plid=208d4ecb297cf3b1ac167a71c851e225&mmscn=vdct&FORM=VCGVRP>

This blank diagram can be used to document the understandings that are achieved when using the model.

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