

## Thinking about yourself, and finding out how others see you (2)

Name .....

Centre .....

Another model for increasing your self awareness and getting feedback is the **Johari's Window**. It can help you to learn more about yourself and about how others see you, by enabling you to explore:

- 1 Things you know about yourself (and others know too)
- 2 Things you don't know but others are aware of
- 3 Things you know but others aren't aware of
- 4 Things about you that you're not aware of (and nobody else knows either)

The way you can use it is to draw yourself a window with four panes, and put into each of the panes information about yourself that you:

- want to **share**
- want **feedback** on, or
- would like to **explore**

<p><b>Pane 1: open or free area</b></p> <p>Information about you (behaviour, attitudes, feelings, knowledge, experience, skills) that you know and <b>others in the group do too</b></p> <p>This could help you to break the ice when you introduce yourself to the rest of the group</p>	<p><b>Pane 2: blind spot</b></p> <p>Information about you that <b>you don't know but others in the group do</b> (can be good or bad)</p> <p>This could help you to identify the sort of feedback you'd like to get, perhaps one to one or in a smaller group</p>
<p><b>Pane 3: hidden area</b></p> <p>Information about you that you <b>don't want people to know</b> (private information)</p> <p>This could be information that you've never told anyone before but feel ready to share, perhaps one to one or in a smaller group</p>	<p><b>Pane 4: unknown area</b></p> <p>Information about you that <b>nobody knows, not even you</b> (potential that hasn't been discovered yet)</p> <p>This could be stuff that you want to explore, with the help of the group or individually</p>

Once you've put the relevant information into the relevant window panes, you can decide:

- what you want to share
- the feedback you want

By sharing information about yourself and getting feedback (within the group or through one to one contact) you will:

- build up trust with other members of the group
- find the things you have in common
- learn what other people see in you or know about you
- learn new things about yourself

And when you go back to your Johari's window you'll see that your blind spot reduces and the hidden and unknown areas shrink as you open to others and get their feedback.

Now think about your feelings about the choices you are going to make and give details on at least **two** from the table below:

Feelings	details of how you feel
Likes	
Dislikes	
Interests	
Fears	
Aspirations or ambitions	
Hopes	

Share the information with your tutor/teacher or other people in your group, and find out what they think and record what they say in the box below.

<b>Strengths</b>	<b>Weaknesses</b>

And remember why learning about yourself is so important to success in whatever you do:

- it helps you become more self confident and independent
- it enables you to set realistic goals and achieve them
- it ensures that you are ready to make the most of opportunities