

Johari Window

In the 1950's Joseph Luft and Harrington Ingham developed this simple and powerful model to explain personalities.

Johari Window	Known to Others	Unknown to Others
Known to Self	Public	Private or Hidden from Others
Unknown to Self	Blind to Self	Undiscovered (Unknown to anyone)

The Johari Window shows how everyone has four aspects:

- 1. The “Public” aspect is what everyone knows.** This could be what you look like, your job, and other easily discovered things about you.
 - When you first meet each other, the “Public” square is small, and the “Private” square is large. The longer you know each other, the “Public” square becomes larger.
- 2. The “Private” part of yourself is that which you know but others don’t.**
 - In healthy relationships, the “Private” becomes smaller as you come to know each other better.
- 3. The “Blind” part of you is what others know about you, but you haven’t discovered yet.**
 - Your partner may have a better awareness of what both your gifts and weaknesses are. As you learn from your partner, you’ll know more about both your strengths and weaknesses.
- 4. The “Undiscovered” are the hidden qualities that neither of you know.**
 - In relationships, many “undiscovered” qualities will become discovered.

What you learn about each other can bring you closer together. You can become comfortable with each other because you accept and trust each other. This brings a deepness to your relationship that you didn’t know was possible.