



# Johari questions

The following questions are designed to give you insight in how you see yourself, how others see you, what you hide for yourself, and what you *may* hide for others. You must choose 6 words - no more no less.

## **Step 1:**

Circle 6 words that you feel describe you:

|                  |                       |                   |                       |
|------------------|-----------------------|-------------------|-----------------------|
| <b>clever</b>    | <b>empathic</b>       | <b>logical</b>    | <b>searching</b>      |
| <b>accepting</b> | <b>energetic</b>      | <b>loving</b>     | <b>self-asserting</b> |
| <b>adjusts</b>   | <b>extrovert</b>      | <b>mature</b>     | <b>independent</b>    |
| <b>bold</b>      | <b>friendly</b>       | <b>modest</b>     | <b>sensible</b>       |
| <b>black</b>     | <b>giving</b>         | <b>nervous</b>    | <b>sentimental</b>    |
| <b>brave</b>     | <b>happy</b>          | <b>attentive</b>  | <b>shy</b>            |
| <b>calm</b>      | <b>useful</b>         | <b>organised</b>  | <b>silly</b>          |
| <b>caring</b>    | <b>idealistic</b>     | <b>patient</b>    | <b>spontaneous</b>    |
| <b>cheerful</b>  | <b>self-conscious</b> | <b>powerful</b>   | <b>likeable</b>       |
| <b>skilled</b>   | <b>genius</b>         | <b>proud</b>      | <b>tense</b>          |
| <b>complex</b>   | <b>intelligent</b>    | <b>quiet</b>      | <b>trustworthy</b>    |
| <b>confident</b> | <b>introvert</b>      | <b>reflective</b> | <b>warm</b>           |
| <b>reliable</b>  | <b>receiving</b>      | <b>relaxed</b>    | <b>wise</b>           |
| <b>worthy</b>    | <b>knowledgeable</b>  | <b>observant</b>  | <b>witty</b>          |

When you have selected the words, you feel match you the best, place this page out of sight.



## A family member

### **Step 2:**

Circle 6 words, you would imagine a family member that knows you very well (mom, dad, sibling etc.) would choose to describe you:

|                  |                       |                   |                       |
|------------------|-----------------------|-------------------|-----------------------|
| <b>clever</b>    | <b>empathic</b>       | <b>logical</b>    | <b>searching</b>      |
| <b>accepting</b> | <b>energetic</b>      | <b>loving</b>     | <b>self-asserting</b> |
| <b>adjusts</b>   | <b>extrovert</b>      | <b>mature</b>     | <b>independent</b>    |
| <b>bold</b>      | <b>friendly</b>       | <b>modest</b>     | <b>sensible</b>       |
| <b>black</b>     | <b>giving</b>         | <b>nervous</b>    | <b>sentimental</b>    |
| <b>brave</b>     | <b>happy</b>          | <b>attentive</b>  | <b>shy</b>            |
| <b>calm</b>      | <b>useful</b>         | <b>organised</b>  | <b>silly</b>          |
| <b>caring</b>    | <b>idealistic</b>     | <b>patient</b>    | <b>spontaneous</b>    |
| <b>cheerful</b>  | <b>self-conscious</b> | <b>powerful</b>   | <b>likeable</b>       |
| <b>skilled</b>   | <b>genius</b>         | <b>proud</b>      | <b>tense</b>          |
| <b>complex</b>   | <b>intelligent</b>    | <b>quiet</b>      | <b>trustworthy</b>    |
| <b>confident</b> | <b>introvert</b>      | <b>reflective</b> | <b>warm</b>           |
| <b>reliable</b>  | <b>receiving</b>      | <b>relaxed</b>    | <b>wise</b>           |
| <b>worthy</b>    | <b>knowledgeable</b>  | <b>observant</b>  | <b>witty</b>          |

When you have selected the words, you feel a family member thinks match you the best, place this page out of sight.



## A good friend

### Step 3:

Circle 6 words, you would imagine a friend that knows you very well would choose to describe you:

|           |                |            |                |
|-----------|----------------|------------|----------------|
| clever    | empathic       | logical    | searching      |
| accepting | energetic      | loving     | self-asserting |
| adjusts   | extrovert      | mature     | independent    |
| bold      | friendly       | modest     | sensible       |
| black     | giving         | nervous    | sentimental    |
| brave     | happy          | attentive  | shy            |
| calm      | useful         | organised  | silly          |
| caring    | idealistic     | patient    | spontaneous    |
| cheerful  | self-conscious | powerful   | likeable       |
| skilled   | genius         | proud      | tense          |
| complex   | intelligent    | quiet      | trustworthy    |
| confident | introvert      | reflective | warm           |
| reliable  | receiving      | relaxed    | wise           |
| worthy    | knowledgeable  | observant  | witty          |

Take the two previous pages and read the instruction on page 4 thoroughly.



Compare the three pages and find the words that **both** you and **either** your family member or friend chose to describe you. If a word occurs on all three pages, underline it. Write the words below:

| <b>Open / free area - known to you and others</b> |  |
|---|--|
|   |  |
|   |  |
|   |  |

Write the words that only you chose (that neither your family member nor your friend chose) below:

| <b>Hidden area - known by you and hidden to others</b> |  |
|--|--|
|  |  |
|  |  |
|  |  |

Write the words that just your family member or your friend chose below:

| <b>Blind area - hidden to you and known to others</b> |  |  |
|---|--|--|
|   |  |  |
|   |  |  |
|   |  |  |
|   |  |  |



Scratch out the words that you, your family member or your friend chose. Now, the only words left are the ones that were never chosen.

- |                  |                       |                   |                       |
|------------------|-----------------------|-------------------|-----------------------|
| <b>clever</b>    | <b>empathic</b>       | <b>logical</b>    | <b>searching</b>      |
| <b>accepting</b> | <b>energetic</b>      | <b>loving</b>     | <b>self-asserting</b> |
| <b>adjusts</b>   | <b>extrovert</b>      | <b>mature</b>     | <b>independent</b>    |
| <b>bold</b>      | <b>friendly</b>       | <b>modest</b>     | <b>sensible</b>       |
| <b>black</b>     | <b>giving</b>         | <b>nervous</b>    | <b>sentimental</b>    |
| <b>brave</b>     | <b>happy</b>          | <b>attentive</b>  | <b>shy</b>            |
| <b>calm</b>      | <b>useful</b>         | <b>organised</b>  | <b>silly</b>          |
| <b>caring</b>    | <b>idealistic</b>     | <b>patient</b>    | <b>spontaneous</b>    |
| <b>cheerful</b>  | <b>self-conscious</b> | <b>powerful</b>   | <b>likeable</b>       |
| <b>skilled</b>   | <b>genius</b>         | <b>proud</b>      | <b>tense</b>          |
| <b>complex</b>   | <b>intelligent</b>    | <b>quiet</b>      | <b>trustworthy</b>    |
| <b>confident</b> | <b>introvert</b>      | <b>reflective</b> | <b>warm</b>           |
| <b>reliable</b>  | <b>receiving</b>      | <b>relaxed</b>    | <b>wise</b>           |
| <b>worthy</b>    | <b>knowledgeable</b>  | <b>observant</b>  | <b>witty</b>          |

Be open-minded and choose 6 words that **might** describe you, even if they are different from the way you usually perceive yourself.

| <b>Unknown area - hidden to you and to others</b> |  |
|---|--|
|   |  |
|   |  |
|   |  |



Now you are ready to fill out your Johari window.

|  |   |
|--|---|
| <b>Open area - known to you and others</b>             | <b>Blind area - hidden to you and known by others</b> |
| <b>Hidden area - known by you and hidden to others</b> | <b>Unknown area - hidden to you and others</b>        |

This exercise is a way for you to obtain a greater insight in your conscious and subconscious way of thinking of yourself.