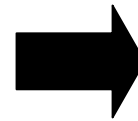


Johari Window

	Known to Self	Not Known to Self
Known to Others	<p>Open</p> <p>Parts of ourselves we share freely</p>	<p>Blind</p> <p>Parts of ourselves we are blind to, but others can see</p>
Not Known to Others	<p>Hidden</p> <p>Parts of ourselves that we hide – associated with shame and guilt</p>	<p>Unknown</p> <p>Undeveloped and underdeveloped creative potential for both self-expression and relating to others</p>



	Known to Self	Not Known to Self
Known to Others	<p>Open</p> <ul style="list-style-type: none"> •Increased understanding of self and self needs, increased self-expression and increased accurate understanding and awareness of others' needs, in relation to getting one's own needs met. •Growth in capacity to be with and connect with self and others •Decrease in relationship-related anxiety and depression 	
Not Known to Others		