



The Johari Window

This diagram is a variation of the original model created by Joseph Luft and Harrington Ingham to help people better understand their relationship with themselves and others. Note that the Unknown segment is far larger than the other segments. The unknown part of yourself drives your actions. Increasing your understanding of yourself and how you are perceived by others can help you clear away the fog of the segments NOT known to yourself (on the right hand of this diagram).

