



Module 1 – Unit 5

Introduction to Self Awareness

Your Experience so Far?

- Highs
- Lows
- What have you appreciated?
- Dislikes
- Questions
- Needs
- Surprises
- What do you want more of?



Johari Window

Known to others

Box 1

Free and Open

You know and others know

Box 2

Blind self

You don't know but others do

Unknown to others

Box 3

Hidden Self

You know but others do not

Box 4

Unknown Self

You and others don't know



Your Own Johari Window

- Reflect on how your disclosures affect the sizes of the windows.
- What is your experience of revealing things about yourself?
- What was it like to give and receive feedback?



Working with an Image

- I notice that
- I see that is and this is
- How long has been like this / there?
- What makes like this?
- What keeps like this?
- How would you like it to be different?
- What changes would you like to make?




