

THE JOHARI WINDOW

Joseph Luft and Harry Ingham, 1955

The Johari Window is a model that helps couples improve their self-awareness and communication by identifying different aspects of their personality, behaviour, and attitudes, that are known to themselves and others, as well as those that are unknown.



The quadrants can change size depending on what you choose to share about yourself. Changing the size of one quadrant will impact the size of the others. For example, telling your partner about an aspect of your life that you'd always kept hidden would reduce your Hidden and increase your Open area. Ultimately, the aim is to increase your Open area.

USING THE JOHARI WINDOW 1

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From the list of characteristics below, choose the words that you think describe you. Then, ask your partner to choose the words that they feel best describe you.

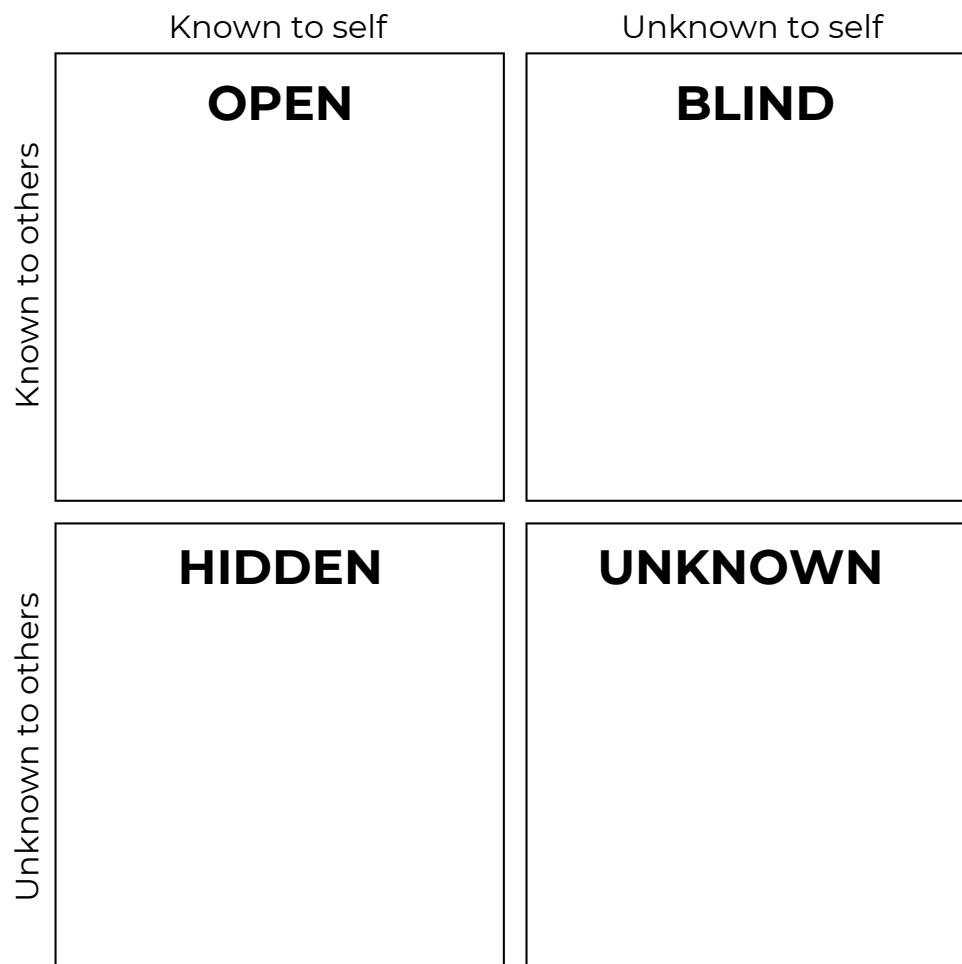
able	dependable	intelligent	patient	sensible
accepting	dignified	introverted	powerful	sentimental
adaptable	energetic	kind	proud	shy
bold	extroverted	knowledgeable	quiet	silly
brave	friendly	logical	reflective	spontaneous
calm	giving	loving	relaxed	sympathetic
caring	happy	mature	religious	tense
cheerful	helpful	modest	responsive	trustworthy
clever	idealistic	nervous	searching	warm
complex	independent	observant	self-assertive	wise
confident	ingenious	organized	self-conscious	witty

USING THE JOHARI WINDOW 2

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After choosing the adjectives that best describe you, fill in the areas of the Johari Window as follows:

- **Open area:** write the words that both you and your partner chose.
- **Hidden area:** write the words that only you chose.
- **Blind area:** write the words that only your partner chose.
- **Unknown area:** write the words that neither of you chose.



Look at your completed Johari Window, and reflect on how you can increase your Open area. To make your Hidden and Unknown areas smaller, you will need to reveal more about yourself to your partner. You might like to try a self-disclosure exercise which involves a give-and-take process of sharing information with your partner.



THRIVING THROUGH
MOTHERHOOD
coaching

OFFICE HOURS:

09:00 - 16:00 Monday to Friday

EMAIL:

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SOCIALS:



If you would like to learn more about how I can support you, I would love to hear from you.

I'm here for you and ready to listen.

I offer 1:1 solution focused coaching that is tailored to suit your needs.

If you have found motherhood a life changing experience, hugely challenging and are in an emotional tug of war between who you were and who you want to be, I can help.

Whether you're starting from rock bottom or a place that just feels unmanageable to you or whether you're on maternity leave or have returned to work, I can help.

I will support you to build a vision for your future, by understanding your current mindset, reflect on where you are right now, gain clarity on where you want to be and identify where the gaps are. Thus creating a plan and focusing on actionable steps moving forward.

As someone who struggled with my own transition into motherhood, I hear you and I get you.

I passionately believe that the support women receive during this rite of passage can be life changing.

Working together through structured sessions, I will see your potential, your strength, your passion, heart and soul.

I am here to motivate you, celebrate you and keep you accountable so you can make the kind of changes that stick.

I am fully in your corner, offering a welcoming, confidential and non judgemental safe space, where you can feel supported, listened to, valued, encouraged and empowered through the process.

WHAT ARE YOU WAITING FOR?