

# Johari Window

Johari window is a technique designed to help people better understand their relationship with themselves and others. Created in 1955 by psychologist Joseph Luft and Harrington Ingham. Johari = JO (Joseph) + HARI (Harrington).

By expanding the “Open Self”, we may shrink the “Blind” or “Unknown” selves, resulting in greater knowledge of oneself. Understanding ourselves and choosing to move some elements into the “Open Self” may result in greater interpersonal intimacy and friendship. That said, it is okay to keep some parts of yourself hidden as well. You’re allowed to choose what you share with others!

	Known to self	Not known to self
Known to others	<p><b>OPEN SELF</b></p> <p>Information about you that both you &amp; others know</p> <p>Arena</p>	<p><b>BLIND SELF</b></p> <p>Information about you that you don't know, but others do</p> <p>Blind Spot</p>
Not known to others	<p><b>HIDDEN SELF</b></p> <p>Information about you that you know, but others don't know</p> <p>Façade</p>	<p><b>UNKNOWN SELF</b></p> <p>Information about you that neither you nor others know</p> <p>Unknown</p>