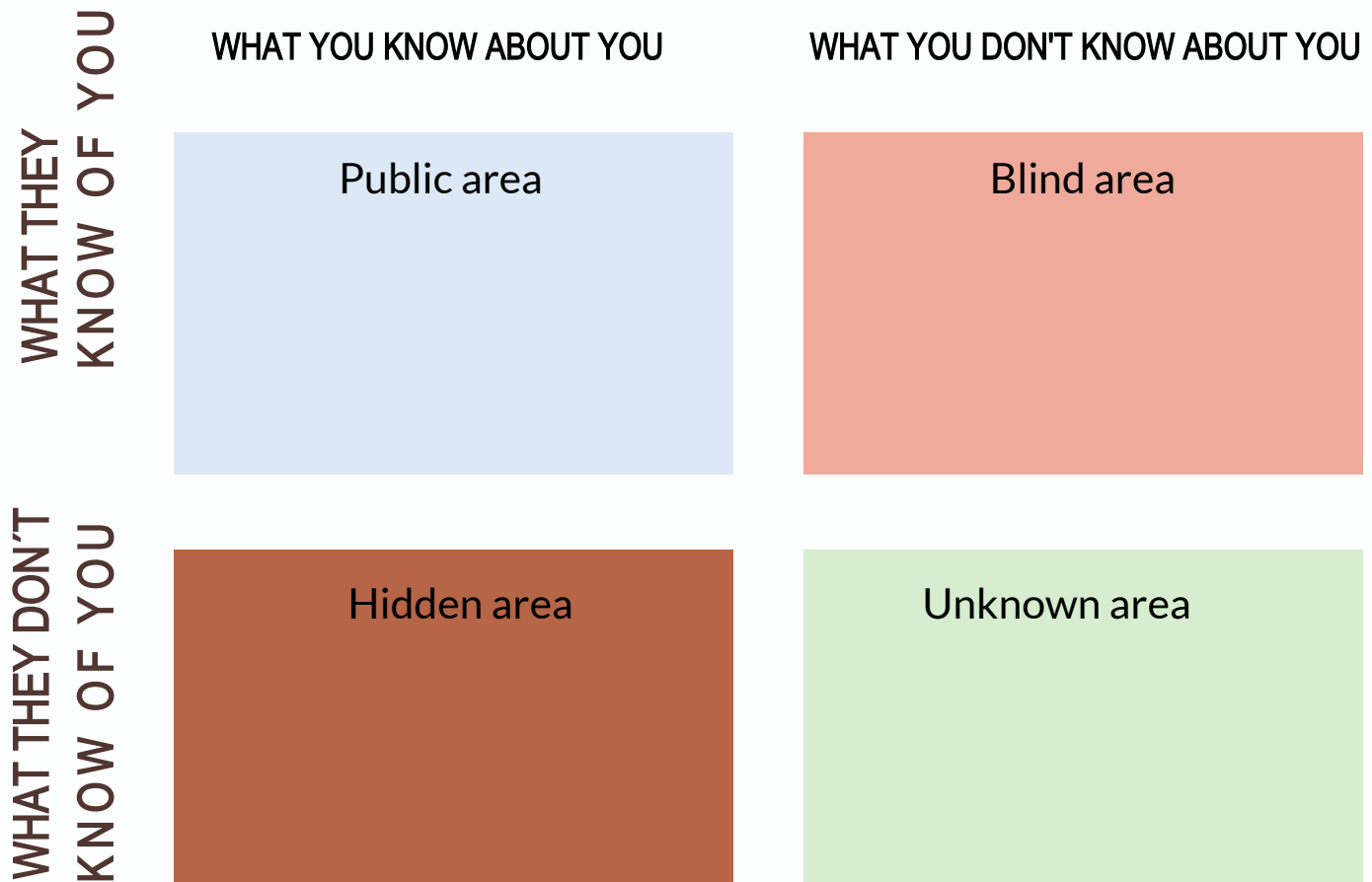


# JOHARI WINDOW

---

This is a very useful tool for self analysis, and the great advantage is that it can be applied in any area of life. It helps to understand how the perception we have **of ourselves and of others** varies.

The key is to be open to the comments that other people make us to get to know us better..



**Public area:** It is the part of ourselves that others also see. They are behaviors that we expose, whether they are good or bad.

**Blind area:** It is the part that others perceive but we do not, that is, what others know about us and do not tell us. What we communicate without knowing it.

**Hidden area:** What we know about ourselves but don't want to share.

Actually, they are feelings, ideas, secrets, fears... anything we want to hide from others. And we hide it because we think that they will not understand us, they will not support us or that the group will not accept it.

**Unknown area:** It is the most mysterious part of the subconscious that neither oneself nor others can perceive. An area where hidden abilities or abilities are found.