



Everything Starts with KNOWING YOURSELF

Do you know yourself?

What are your strengths?

What are your weaknesses?

If you can easily answer these questions, then congratulations—your development in interpersonal relationships and teamwork will surely go smoothly.

If you find these questions confusing or even difficult to answer, I hope the following sharing can help you.

Johari Window

Psychologists Joseph Luft and Harry Ingham proposed the concept of the "Johari Window," which divides the perceptions of oneself and others into four areas: the "Open Self," "Hidden Self," "Blind Self," and "Unknown Self."

We can use the Johari Window concept as a strategic way to understand ourselves and others.

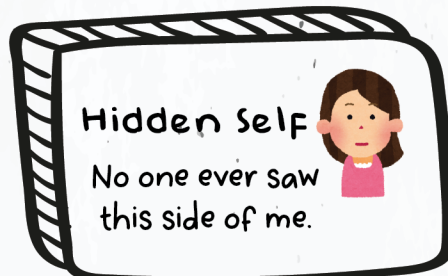
I know

I don't know

others
know



others
don't know





Johari Window



Traits and behaviors known to yourself and others.

*This is the area of mutual knowledge: we both know about these things and they are not secrets.

Example: I am a person who really loves watching movies, and everyone knows about this hobby of mine.

Traits and behaviors known to yourself but unknown to others:

*This is the area only I know, which includes parts of yourself you want to hide, your fears, or things from your past.



Example: Everyone thinks I'm diligent and hardworking because I spend a lot of time in the library, but in reality, I spend much of that time playing games to pass the time. I want to reveal the truth, but I don't know how to express it.



Traits and behaviors unknown to yourself but known to others.

*This is the area that I don't know but you do, and it can be positive or negative.

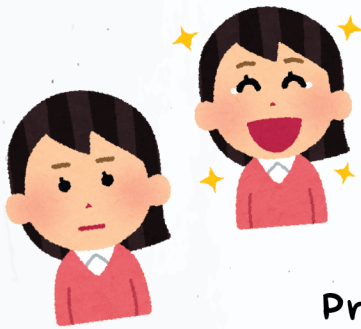
Example: Whenever I get serious, I become absorbed and stern, and others say they feel scared. I didn't realize I gave people this impression.

Traits and behaviors unknown to both yourself and others.

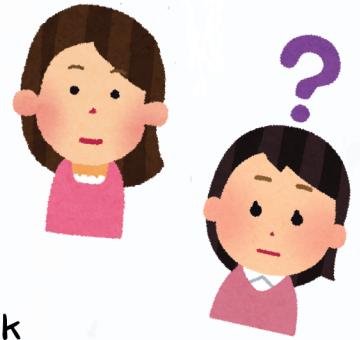
*This is the area neither I nor you know, things that have yet to be discovered, but new experiences may bring them to light.



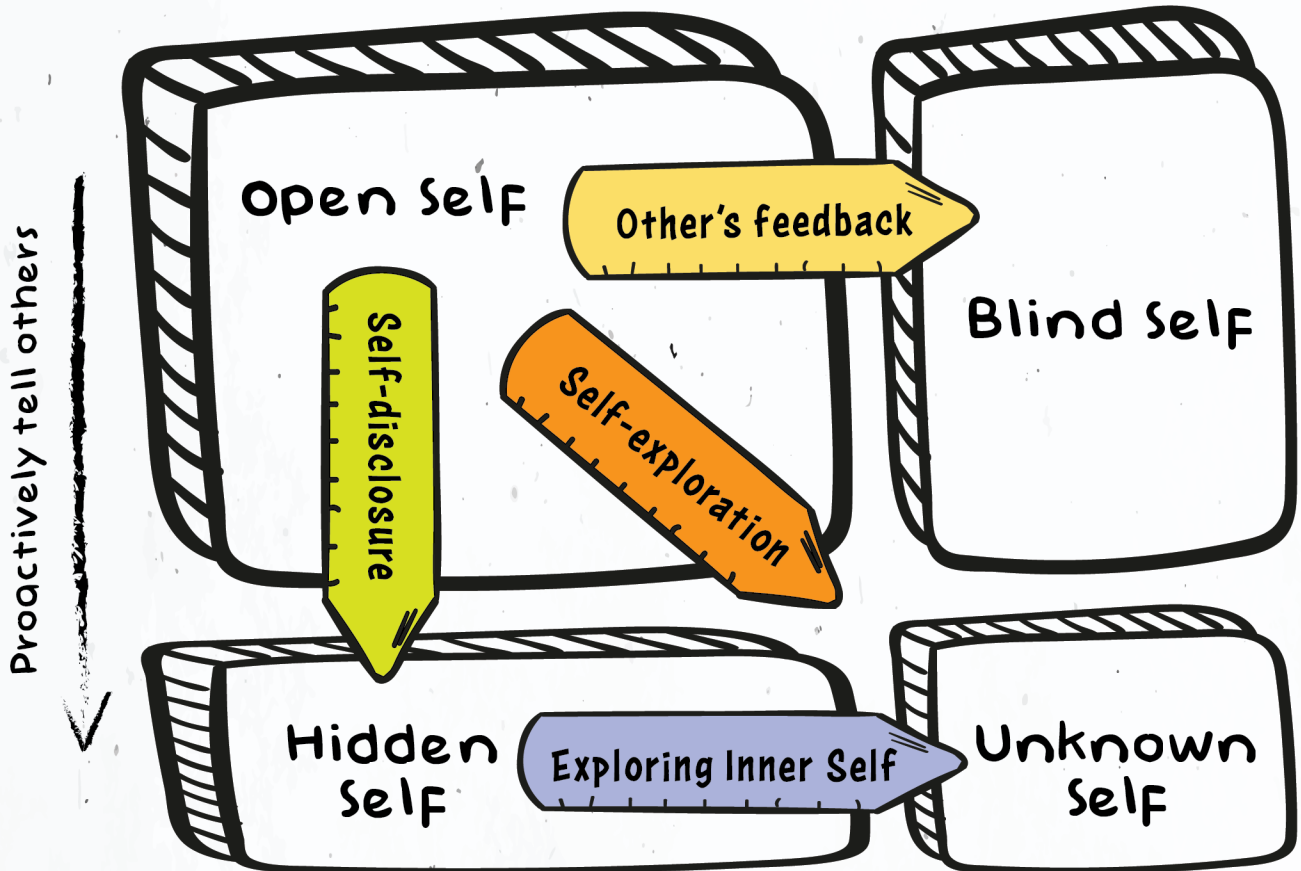
Example: I used to think that travelling alone was dangerous and boring, but after trying a solo trip, I found it to be quite fun.



Utilizing the concept of Johari Window



Proactively ask others for feedback



After understanding the concept of the "Johari Window," we can expand our "Open Self" and reduce our "Hidden Self" and "Blind Self," as well as develop our "Open Self," through "actively sharing," "actively asking," and "shared discovery."

For example, we can proactively ask those around us for their opinions about us; actively reveal our hidden sides; and set aside time for ourselves to explore, with curiosity, new aspects and deeper thoughts within ourselves.