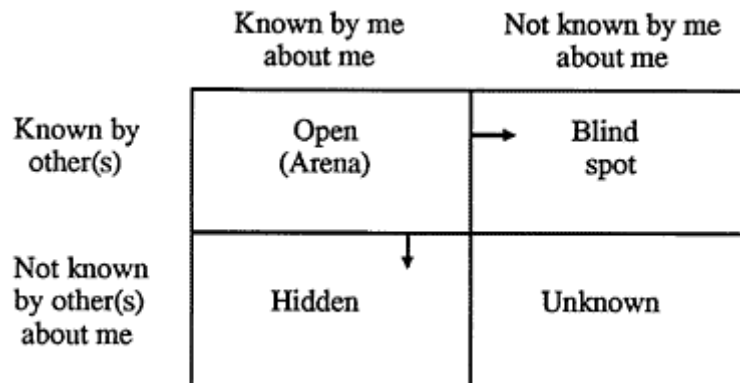


## Blind Spot

### Exercise

Use the "Johari Window" to analyze your own blind spots. Talk about the Johari Window with participants and then walk through the questions below to generate ideas of how to they can reduce their own blind spots.

The window provides a good framework for thinking about those factors about the self which are known/unknown by the self and by other people. The model can be used to guide a person toward conscious behaviors aimed to enrich self-development and interpersonal relationships.



The "arena" can be extended in two principal ways:

1. by reducing the "blind spot." This can be achieved by

- my asking skillful questions that would provide insight about the way other people perceive me;
- other people volunteering information about me;
- my behaving in ways that encourage feedback from others.

2. by reducing the "hidden" area. This can be achieved by

- self-disclosure;
- others asking me for information about myself;
- creating a climate where others feel comfortable about seeking information from me.

The "unknown" can be explored by experimenting with new behaviors.