

## The Johari Window Workplace Assessment Worksheet: Exercise 3

In terms of the Johari Window concept, analyze a relationship you have with one other person in your workplace. This relationship can be with a supervisor/subordinate, a co-worker, or an outside vendor or supplier. Use the information from the Johari Window Reading: Exercise 1 to complete this exercise. On the scale horizontal scale below, rate the degree to which you disclosed information about yourself to this individual (with 1 being no disclosure of personal information and 9 being “we have no secrets from each other”) and draw a vertical line from that number to the bottom of the window. Then, do the same on the vertical scale, and draw a horizontal line from that number to the far right of the window. Remember that when you make one quadrant of the Johari Window bigger, you make another quadrant smaller. After completing this exercise, you should have a visual picture of your relationship with this individual. What did this exercise reveal to you about that relationship? Does the relationship need changing, or are you comfortable with the relationship and the communication as it is?

		1	2	3	4	5	6	7	8	9	
<b>BLIND</b>	1	<b>OPEN</b>									
	2										
	3										
	4										
	5										
<b>HIDDEN UNKNOWN</b>	6										
	7										
	8										
	9										