



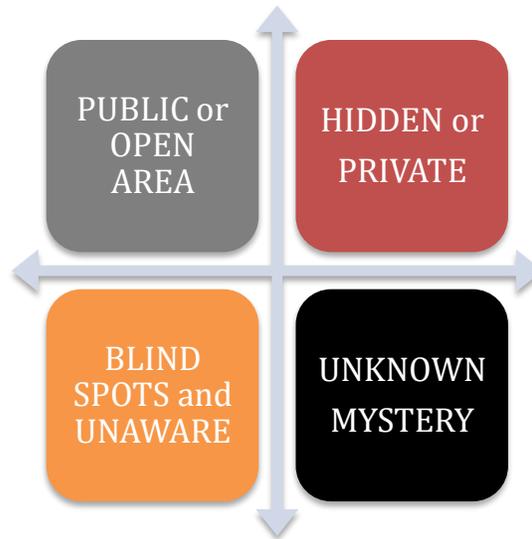
The Self-Expression Window:

Understanding Who You Are and How you Come Across
 A Practical Adaptation of the Johari Window for Personal and Marital Growth

By Dr. Dave Currie

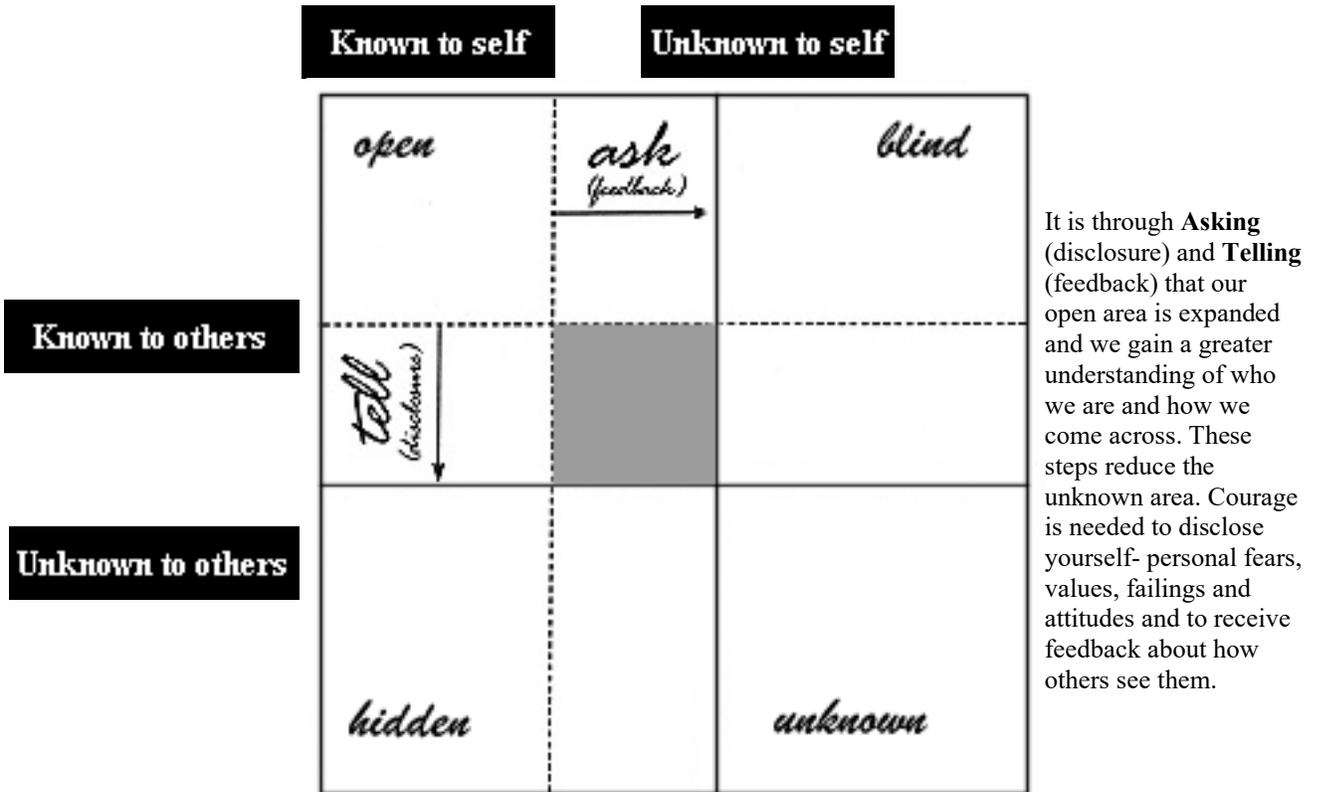
Understanding the JOHARI WINDOW

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|----------------------------|-----------------------------------|
| 1. PUBLIC or OPEN- | Known to ME – Known to Others |
| 2. PRIVATE or HIDDEN- | Known to ME – Unknown to Others |
| 3. BLIND SPOTS or UNAWARE- | Known to Others – Unknown to ME |
| 4. MYSTERY or UNKNOWN- | Unknown to Others – Unknown to ME |



The Four Areas of the Self-Expression Window :

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| <p>Open: The open area or often called the Public Area is that part of our conscious self - our attitudes, behavior, motivation, values, way of life - of which we are aware and which is known to others. We move within this area with freedom. We are "open books". Those who know us best see this all the time. Acquaintances are aware of most of it as well since it is open for all to see.</p> | <p>Blind: There are things about ourselves which we do not know, but that others can see more clearly; or things we imagine to be true of ourselves for a variety of reasons but that others do not see at all. When others say what they see (feedback), in a supportive, responsible way, and we are able to hear it; in that way we are able to test the reality of who we are and are able to grow.</p> |
| <p>Hidden: Our hidden area cannot be known to others unless we disclose it. There is that which we freely keep within ourselves, and that which we retain out of fear. The degree to which we share our private self with others (disclosure) is the degree to which we can be known and loved for who we are.</p> | <p>Unknown: God has made us richer and complex than that which others and we can know, but from time to time something happens - is felt, read, heard, dreamed - something from our unconscious is revealed. Then we "know" what we have never "known" before.</p> |



For Application and Growth:

- ❖ My Hidden or Private area I must be willing to disclose my issues and failures to grow as a person.
- ❖ My Blind Spots or Unaware area I must be willing to listen to how I am coming across to others to grow as a person.
- ❖ In so doing, my Unknown or Mystery area shrinks through self-discovery and my Public area increases.
- ❖ As there are 2 Sides to Every Coin, so every person with all their gifts and abilities still has a dark side.
- ❖ One's Dark Side is usually characterized by selfishness, blindness, denial, justification, entitlement and lack of empathy to others.
- ❖ John 8:32, 36- "And you will know the truth and the truth will set you free. And when the Son sets you free, you are free indeed."
- ❖ Freedom comes in seeing yourself as God sees you with all your strengths and limitations both.
- ❖ Freedom comes in letting God work in your life helping you become the person God wants you to be. Let Him heal your dark side.
- ❖ One's personality style cannot be an excuse for sin and not treating people right, especially those closest to you.
- ❖ Who you are and how you come across still needs to be managed in a way that honors God.

Note: The core ideas of the Self-Expression Window are adapted from The Johari Window, a technique created by Joseph Luft and Harry Ingham in 1955. JO + HARRY = Johari. It was initially used to help people better understand their mental instability.