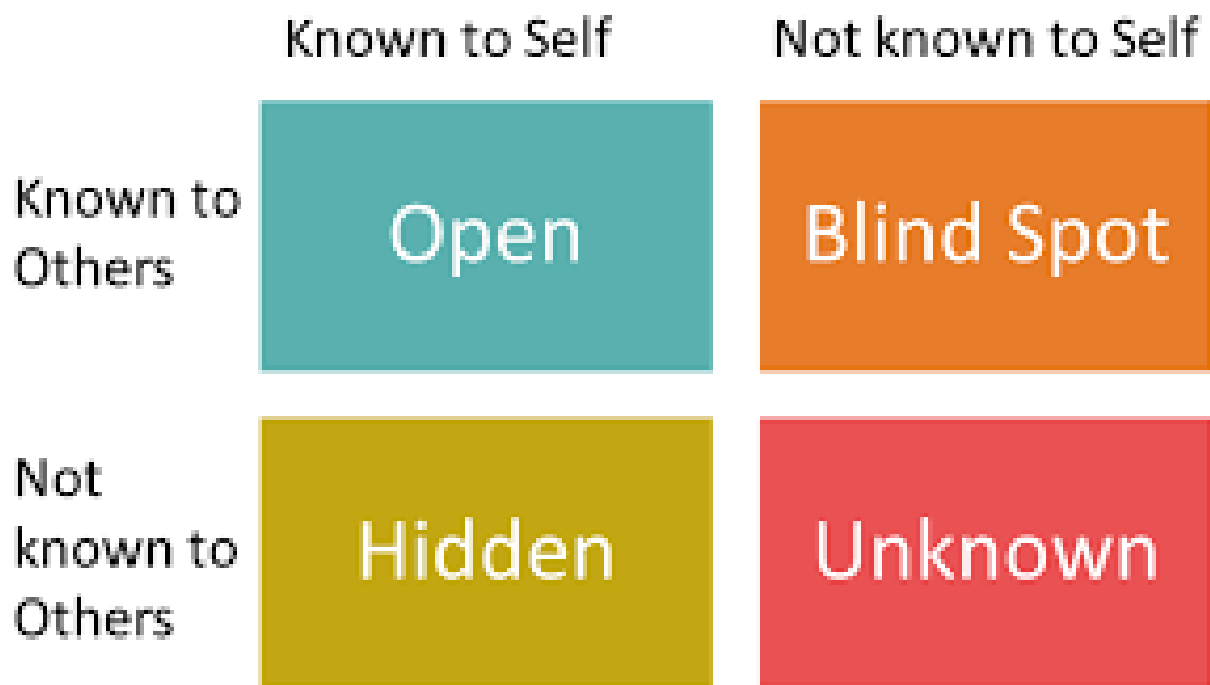




Self Awareness

- **Self awareness matters for several different reasons. In one of the previous sessions we looked at why it is important to understand your values and how they help us to form who we are in terms of who we love, where we work and how we live.**
- **In this session we look at how we can discover more about our qualities, abilities, strengths and weaknesses.**
- **Self Awareness can also help us to understand how others see us and the impact we have on others**
- **The more we know about ourselves the easier it becomes to make informed and educated decisions**
- **If we work in groups or teams and want to build trust and rapport then we need to look at how we understand ourselves and our impact on others**

Johari's window



Devised by two American Psychologists in the 1950's
Joseph Luft and Harrington Ingham

ARENA/OPEN: In this section are the traits and behaviours that both you and others are aware of. Anything that you are willing for others to know about you. The sharing of this information builds trust and gives others knowledge of who you are.

MASK/HIDDEN: Aspects about yourself that you are aware of but that you might not want others to know. Sometimes referred to as “hiding behind a mask”. These hidden aspects may mean we are less “authentic” in our dealing with others

BLIND SPOTS: What others see, but we are not aware of. Important to note: this can include both weaknesses and strengths. Feedback from others can make you more aware of the traits that are within this box.

UNCONSCIOUS/UNKOWN: What’s unknown to both you and anyone else. This could include talents, fears or prejudices that you haven’t recognised or admitted to yourself.

Though this matrix has four quadrants, the size of each is not necessarily equal. Each window pane will vary depending on:

How open you are with others and this will depend on how much your relationship is built on Trust and Respect. If you are in a long-standing relationship the Open Arena may be bigger. If on the other hand you have just joined a new team then your Hidden window may be bigger – as you build trust this may change.

Developing your Self Awareness

- Using the following list choose 5 adjectives that best describe you. Be objective and honest.
- Ask a Critical Friend or a colleague to choose the 5 they think best describe you

After completing the activity ask yourself the following questions:

- How similar were the two lists?
- Was there anything that surprised you?
- How difficult was the activity to do?
- What have you learnt about yourself?

| | | | |
|------------|---------------|------------|----------------|
| Able | Extroverted | Mature | Self-assertive |
| Accepting | Friendly | Modest | Self-conscious |
| Adaptable | Giving | Nervous | Sensible |
| Bold | Happy | Observant | Sentimental |
| Brave | Helpful | Organized | Shy |
| Calm | Idealistic | Patient | Silly |
| Caring | Independent | Powerful | Smart |
| Cheerful | Ingenious | Proud | Spontaneous |
| Clever | Intelligent | Quiet | Sympathetic |
| Complex | Introverted | Reflective | Tense |
| Confident | Kind | Relaxed | Trustworthy |
| Dependable | Knowledgeable | Religious | Warm |
| Dignified | Logical | Responsive | Wise |
| Energetic | Loving | Searching | Witty |

Further reading and activities to develop your Self Awareness

“The Science of Success” by Paula J Caproni

<http://www.implicitbiascleanse.com/uploads/1/0/8/5/10851850/johariwindow.pdf>

<https://www.youtube.com/watch?v=eWJHnGfSHGk>