# **Self-Assessment**

## The Johari Window

### **Chapter Resource**

Please refer to section [2.4 Communication Competence](https://ecampusontario.pressbooks.pub/communicationpsychology/chapter/2-4-communication-competence/) of *Psychology, Communication, and the Canadian Workplace*

**Instructions**

Using the adjectives below, please select five to six that best describe you. Then answer the following questions:

* Do you think that the adjectives that you chose would match the ones that a close friend or family member would chose to describe you? Why or why not?
* What are some ways you can make your hidden area more open? What are the advantages to doing this?
* How do you think this exercise relates to your sense of self and communication skills?
* How can the information you gained about yourself apply to positive human relations?

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| **List of Adjectives** |
| simple | brash | vulgar | unimaginative | violent |
| withdrawn | childish | unhappy | irrational | insecure |
| cynical | impatient | inane | imperceptive | hostile |
| boastful | panicky | distant | loud | needy |
| weak | smug | chaotic | self-satisfied | ignorant |
| unethical | predictable | vacuous | overdramatic | blasé |
| rash | foolish | passive | unreliable | embarrassed |
| callous | patient | dull | dependable | insensitive |
| humorless | powerful | intelligent | dignified | dispassionate |
| sensible | proud | introverted | energetic | inattentive |
| sentimental | quiet | kind | extroverted | able |
| shy | reflective | knowledgeable | friendly | accepting |
| silly | relaxed | logical | giving | adaptable |
| spontaneous | religious | loving | happy | bold |
| sympathetic | responsive | mature | helpful | brave |
| tense | searching | modest | idealistic | calm |
| trustworthy | self-assertive | nervous | independent | caring |
| warm | self-conscious | observant | ingenious | cheerful |
| wise | cowardly | organized | inflexible | clever |
| witty | irresponsible | timid | glum | complex |
| intolerant | selfish | unhelpful | aloof | confident |

#### References

This assessment was adapted from:

[Chapter 1: What is Human Relations](https://saylordotorg.github.io/text_human-relations/s05-what-is-human-relations.html) in [Human Relations](https://saylordotorg.github.io/text_human-relations/index.html) by Saylor Academy under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 License](https://creativecommons.org/licenses/by-nc-sa/3.0/)without attribution as requested by the work's original creator or licensor.