Self-Assessment
The Johari Window

Chapter Resource

Please refer to section 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?

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withdrawn	childish	unhappy	irrational	insecure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

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