

Ingham and Luft's  
Johari Window

1 Known Self Things we know about ourselves and others know about us	2 Hidden Self Things we know about ourselves that others do not know
3 Blind Self Things others know about us that we do not know	4 Unknown Self Things neither we nor others know about us

1. What is known by the person about him/herself and is also known by others - **open area, open self, free area, free self, or 'the arena'**
2. What is unknown by the person about him/herself but which others know - **blind area, blind self, or 'blindspot'**
3. What the person knows about him/herself that others do not know - **hidden area, hidden self, avoided area, avoided self or 'facade'**
4. What is unknown by the person about him/herself and is also unknown by others - **unknown area or unknown self**