Johari Adjective List

Companion to "The Johari Window"

10 MINUTES PER PERSON

HOW TO USE THIS SHEET

1. If this sheet is about you: tick the five or six adjectives that describe you best. First instinct, no overthinking.
2. If someone gave you this sheet: tick the five or six that describe them best, as you actually experience them.
3. Write both names at the top, then hand it back.
4. Then compare: words both of you chose sit in the open area; words only others chose are your blind spot.

THIS SHEET DESCRIBES

FILLED IN BY

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