

**SPCH 101 Interpersonal Communication  
Johari Window and Self-Disclosure Worksheet**

**Part A:** Fill in each of the windows to show how the Johari Window can look different depending on the type of relationship. Each window should have four panes but the size of the panes may vary. Be sure to label each pane "open," "blind," "hidden," and "unknown."

**1. A new relationship for someone who is very self-aware**

**2. A close, long-term, intimate relationship**



**Part B:** Select an interpersonal relationship which you are a part of. Draw your Johari Window for this relationship. Explain why each window pane is the size you have made it.

**Relationship:** \_\_\_\_\_

**Explanation of window panes and their sizes:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Do you hope your Johari Window for this relationship will**

**change?** \_\_\_\_\_ **Why?** \_\_\_\_\_

\_\_\_\_\_

**Part C:** From the website provided (<http://abacon.com/commstudies/interpersonal/indisclosure.html>), describe 3 functions of self-disclosure.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Part D:** Report your score from the quiz. **# of questions correct:** \_\_\_\_\_

**Part E:** Think about the Johari Window exploration activity and this story: Janet was taken down like a ton of bricks in one of her basketball games where she smacked her head off the court. Now her personality has really changed. The way she discloses information about herself is much different now than what you saw in each of the window panes previously.

- Janet suddenly discloses a lot of information about herself (which some of her teammates find inappropriate).
- Janet experienced some long term memory loss from hitting her head and is often discovering new things about herself. She learns the majority of this from others but there is still some that she learns on her own and keeps to herself.

**Fill in the window panes for Janet's new Johari Window.**

