

Johari Window

Adjectives

Below is a list of 56 adjectives. Make a note of all the adjectives in the list you think are true of you. After you have finished, ask a friend to do the same, for YOU. Ask them to mark those they think are true of you. Discuss the similarities in those you identified as well as differences. Did you learn something about yourself??

- 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
- smart
- spontaneous
- sympathetic
- tense
- trustworthy
- warm
- wise
- witty