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 Professor Peterson  
 COM 120  
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<p><b>Open</b></p> <ul style="list-style-type: none"> <li>· Favorite Anime Character</li> <li>· Anime</li> <li>· Favorite TV Shows and Movies</li> <li>· Work Location</li> <li>· CCP Classes</li> <li>· Art</li> <li>· Music</li> <li>· Animal Lover</li> </ul>	<p><b>Blind</b></p> <ul style="list-style-type: none"> <li>· Humming while cooking and baking</li> <li>· Always making a goal or plan for the next day that I may or may not actually follow.</li> <li>· I make a tiny laugh when I speak about something I'm uncertain about.</li> <li>· I talk a lot when I'm excited.</li> <li>· Questioning the time, I leave to go somewhere.</li> </ul>
<p><b>Hidden</b></p> <ul style="list-style-type: none"> <li>· SS Security Number</li> <li>· Past Surgeries/Surgery Scars</li> <li>· Disability</li> <li>· Fear of Spiders and small insects.</li> <li>· Fear of Public Speaking</li> <li>· Mental Health</li> <li>· House Address</li> </ul>	<p><b>Unknown</b></p> <ul style="list-style-type: none"> <li>-Great Grandfathers Funeral</li> <li>· Wanting to escape and cry in an isolated location.</li> <li>· Holding my emotions in until the last second.</li> </ul>

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## Introduction

Robin Williams once said, “There’s a world out there. Open a window, and it's there.”

We are windows of communication through which we reveal known and unknown information about ourselves to the world around us. One way this occurs is through the concept of the Johari Window. The Johari Window is the measure of self-awareness by learning about your communication habits created by Joseph Luft and Harry Ingham in 1955. The Johari Window has four sections: open, blind, hidden, and unknown. In the open section of the window, communication is what you freely share when you converse with others. Blind is the second section which includes information and characteristics others know about you, that you are unaware of. Any information you want to keep private, is summarized in the section titled, hidden. The fourth and final part of the window is called unknown. This is where thoughts, behaviors, and actions are included which both you and others do not know. The unknown is mostly based upon a traumatic event. At first, I underestimated how much time I would need to complete my window. Initially I planned on spending a few minutes reflecting, which actually turned into several days of on and off reflection. I spoke with my parents about my blind and unknown communication habits. I selected my parents because they are honest people. I knew they would not sugar coat the information I was seeking. Both my parents shared I had positive communication habits, but suggested I learn from this experience to continue to grow in this area. As educators, they are perfect nourishing individuals because being in the field of education they are always about self-improvement and open mindsets.

## Open Self

When speaking with me any conversation could easily develop around topics of my interests. I enjoy art, music and love to draw in my sketchbook. When studying and drawing I enjoy listening to classical, indie, rock, and pop music. Animals make me smile. As an employee at Menchie's Frozen Yogurt, I enjoy working with frozen yogurt and working with customers is gratifying and entertaining! When I discover a connection with people over favorite movies, Netflix series, or TV shows I always get excited. I openly share with others that I am a CCP student who attends South Garner High School. This makes me feel proud. Another area of my open self is my love of anime. When reflecting on my open self, I see me. Madison the lover of art, music, animals, who enjoys serving frozen yogurt. My communication behavior will also lead to a listener knowing I am also hard working high school and CCP student, fan of movies and anime.

## Blind Self

For my blind self, I used my mother and father as my two nourishing people. They told me that I tend to hum a tune when I cook and bake. I think it's a way I keep my brain occupied while I cook. Apparently, when I make a point to someone or feel uncertain, I have a tiny laugh at the end of the sentence. This unknown discovery about myself made me feel slightly embarrassed. Ironically they both laughed when they shared this with me. My parents also shared that when I am excited about something, I tend to keep bringing it up and talking about it. Also unknown to me, my parents told me I always have "a plan." When we have to go somewhere, I often ask them what time we're leaving and plan out what I do before we leave. Upon hearing that I continually talk about a specific topic and my need to plan, at first I felt self-conscious but

then I realized this aligned with my obsessive compulsive disorder. It felt strange that these communication habits were unknown to me but obvious to others. It also made me ponder if I demonstrate these habits only in with my parents or with others outside of them.

### Hidden Self

The final next concept of my Johari Window is my hidden self. Of course I keep the obviously identity information hidden such as my address, social security, email, phone number, and credit cards. I have obsessive compulsive disorder, social anxiety, and a sprinkle of depression, all of which I prefer to keep to myself. My most significant element of my hidden self is my disability of cerebral palsy. Due to my cerebral palsy being diagnosed as mild, some people do recognize it right away. I only tell that to my closest friends about the multiple surgeries I have undergone and how it feels to be someone with a disability. Nor do I like when someone sees the scars on my legs from past surgeries and asks about them. I tend to keep my fear of public speaking and my fear of spiders to myself as well. When reflecting on this, I think these two fears are probably much more common than I previously thought. These are some things I keep hidden and reveal to a limited group of people.

### Unknown Self

I have come in contact with my unknown self once. In the spring of 2023, my great-grandfather died just before his 100th birthday. He lived in Ohio and only visited on holidays. During the viewing, when I saw his body, I felt sad but not sad enough to show my emotions. During the church service I did not cry. When we went to the cemetery I managed to keep it together, till the last moment. I started to feel sad, but I gripped my hand and bit my lip, keeping myself composed. My great-grandfather was a veteran. Once the trumpet began to play the

somber “Taps” I began to feel a rush of overwhelming brokenness. Then I lost it completely when I heard the three shots from the rifle . I started crying hysterically and tried running out of the room but my mother grabbed my arm. I pushed her away and ran outside to calm myself. At that moment, I wanted to a small room where I could lock the door and be by myself. I never cry, so I wanted to stop these emotions and act more mature. From meeting my unknown self, I learned I view sadness as a weakness and want to avoid depressing emotions associated with death and mourning.

### Final Conclusion

This whole process was enlightening, it was empowering to learn about my communication habits. Completing my own Johari Window helped me self reflect and begin a journey of self-discovery. First, I felt a sense of confidence my open self, in who I am through examining what I share with other. Surprisingly, I discovered I keep more hidden in my blind self than I thought and want to make progress in this area. I learned about some behavior habits that others noticed, that I was oblivious to. In order to improve my communication skills, I will implement some action steps to help me achieve this. I will use what I learned from the blind portion of the window to acknowledge my strange behavior. For example, when I learned that I make tiny laughs occasionally, I'm able to point them out. I will use this window to understand what I want to share, and what I want hidden. I can try to get more things from the hidden side to the open side, like my disability and surgeries. As Robin Williams stated, “There’s a world out there. Open a window, and it's there.” This is exactly what I intend to do, with help of my reflection and analysis of my own Johari Window.