Johari Window Scoring Sheet

Transfer your point values from the questionnaire to the appropriate spaces below. Add up the total points for each column.

Seeking	Feedback	Willing Self-disclosure		
Item no.	Your score	Item no.	Your score	
2B		1A		
3A		4B		
5A		6B		
7A		9B		
8B		11B		
10B		13A		
12B		15A		
14B		17B		
16A		18B		
20A		19B		
TOTAL		TOTAL		

Map your Johari Window

Charting Your Scores:

- 1. On the top line of the graph below, mark your score for 'Seeking Feedback', then draw a vertical line downward.
- 2. On the left line of the graph below, mark your score for 'Willing Self-Disclosure' then draw a line across horizontally.

	SEEKING FEEDBACK										
	0	5	10	15	20	25	30	35	40	45	50
	5	OPEN								l	BLIND
ļ ij	10										
OSUR	15										
WILLING SELF-DISCLOSURE	20										
	25										
	30										
MILI	35										
	40										
	45										
	50	HIDDE	ΞN							UNKN	OWN

Name:	Date: