This questionnaire contains 20 pairs of statements which give different views on certain things. Using a five-point rating scale, circle the number that most closely reflects your view depending on the extent to which you can relate to the opposing statements. Please try not to ‘sit on the fence’, unless you genuinely feel you do not lean either way.

1 I find the comments of others helpful in learning how to do things 1 2 3 4 5 2 I usually keep my views to myself if I disagree with someone 1 2 3 4 5 3 It’s up to my teacher to tell me how I’m doing 1 2 3 4 5 4 When I do something new, I judge myself by my own standards 1 2 3 4 5 5 In team activities I seek the views of others 1 2 3 4 5 6 I tend to control my behaviour when my team is around 1 2 3 4 5 7 I am interested in what others think of me 1 2 3 4 5 8 I tend to speak up for my view 1 2 3 4 5 9 I like to seek the reactions of others to my work 1 2 3 4 5 10 I am generally quite self-sufficient 1 2 3 4 5 11 Colleagues usually know where they stand with me 1 2 3 4 5 12 Generally, I find it informative to hear what others say about me 1 2 3 4 5 13 In relationships, I keep my feelings to myself 1 2 3 4 5 14 Sometimes I openly express anger 1 2 3 4 5 15 I tend to keep my shortcomings to myself 1 2 3 4 5 16 When a friend seeks my views, I usually give them 1 2 3 4 5 17 In relationships, there are somethings people should keep to themselves 1 2 3 4 5 18 In a work group, I will disagree even if I oppose the majority 1 2 3 4 5 19 When writing something, I prefer to put my ideas down on paper first 1 2 3 4 5 20 People I work with do not know my views on most things 1 2 3 4 5

Scoring your Johari Window questionnaire

Please mark your questionnaire using the instructions below:

If you have marked either a 1 or 2 on questions 1, 5, 7, 9 or 12, write ‘F’ in the right side of the question If you have marked either 4 or 5 on questions 3, 4, 10, 17 or 19, write ‘F’ in the right side of the question If you have marked either 1 or 2 on questions 8, 11, 14, 16 or 18, write ‘E’ in the right side of the question If you have marked either a 4 or 5 on questions 2, 6, 13, 15 or 20, write ‘E’ in the right side of the question

Now add up the number of Fs and Es you have circled. They should each total between 0-10 Next plot your scores on the feedback model below. Draw a continuous vertical line down from your F score and a continuous horizontal line across from your E score, so that the model is divided into 4 quadrants. This gives an indication of your own ‘windows’.

**Your windows…**

Asks for Feedback (F)

)

E

(

kc

a

b

de

e

f

s

e

v

i

g

r

o

e

r

u

s

o

l

c

s

i

d

-

fl

e

S

0 2 3 4 5 6 7 8 9 10 0

1

2

3

4

5

6

7

8

9

0

1