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Intro Interpersonal Com (2020SP.COM.120.0002)

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Have you ever wanted to dive deeper into how you present yourself in different situations or be more self-aware about yourself? The Johari Window can help with just that as you look at the open area, defined as what you know about yourself and what the people around you also know, the blind area, known as the information you don’t know but other people do, hidden area, that is the information that you know but don’t want others to know, and the unknown area, that’s defined as information unknown to you and others. In this paper I’ll be writing about all of these topics as I study myself and become more self-aware. For these examples I will be taking evidence from my mom, myself, my friends, and my significant other.

***Open Self***

In realized that I am a reserved and closed off type of individual as I tend to sit back and observe and don’t talk that much. I only engage in conversation when it’s a topic I’m fond of or enjoy talking about. My manager/friend, Jess, agrees with this. In our conversation about this assignment she noted that when she gives me instructions, I tend to just nod my head and do what she asks of me. I rarely spark conversation and I’m fast to get to the customers I serve. She also mentioned that I’m a quiet and observant person. All of my coworkers have noticed this as well as mentioned from my coworker/friend, Stu, I struggle to start the conversation and when I do I speak softly and its really hard to hear me sometimes. My mom has noticed me stutter when I speak and get quieter and quieter as the conversation goes on. I never engage in conversation with my mom when she’s around her friends and drags me along. My girlfriend mentioned that sometimes I speak softly when I talk to her step dad that I look tense and worried. I believe that to be my fear when it comes to communication as I worry about what others are going to think of me and first impressions mean a lot.

Another thing I’ve noticed is that I’m more comfortable around my girlfriend, and coworkers my age as we share common interests like music and talking about sports and it feels easier to talk to them all around. When I’m around my friends I tend to be very quiet and just sit there listening to the conversation and my main friends, Bree, Stu, Jess, Brian, Oumie, Seth, and Bianca have all brought that up to me but I noticed as time went on I started to open up more and I believe that’s because I trust them more now than I did before. What I’ve noticed about myself is that I tend to be a bit less tense and more open to conversations with people I know and have been around a lot as it gives me time to trust them and learn more about them and that releases the protective type shell I tend to put around myself with people I’m not fond with. I’ve noticed as I get more comfortable around people, I worry less about what they think of me because we both know each other so well and I trust them enough to be less anxious around them. My friends have mentioned that I’m more open with them and I’ve talked more than I used to with them as a result of trusting them more. I was surprised on how I’ve evolved as I get more comfortable with individuals, I thought I would always be this uncomfortable around them.

***Hidden Self***

My Hidden Self is more of a protective barrier for me, personally. When I speak to others like my friends, Bree, Stu, Jess, Brian, Oumie, Seth, and Bianca, I tend to choose my words more carefully out of fear of what they’ll say of how they’ll react. The same goes for my mom when I talk about my grades when they are bad as I have a fear of failing and disappointing them. My mom mentioned that I tend to think about the worst when it comes to my grades and that I beat myself up about it too much with school and work. I never like to disappoint anyone I get this weird feeling whenever I do, and I feel like they are disappointed in me. In my love life I would tend to let the other person make the first move as I fear that they’ll reject me, and I never stumble upon the courage to ask them out from that fear as I struggled to talk my girlfriend at the start of our relationship. These two fears tend to drive my personality in terms of interpersonal communication as I’m quiet and very shy around my former crushes and on dates but that’s something that I keep hidden from individuals.

My friends have never known this side of me and why I don’t like to talk but I sit with them everyday and just listen to their conversations and speak at times but they could never hear me, in high school. Deep down I enjoy my solitude, but I also enjoy being around people as I feel like I’m not completely alone. Them and my girlfriend, Roneshia haven’t noticed how great of a listener I am and how I take most things to heart when they make comments about me like its constructive criticism. I never really like to be in the spotlight I more thoroughly enjoy being one of the supporting cast members in my friend groups because I don’t like all the attention, I feel like I’m constantly being watched by someone or something. This side of me feels like my genuine personality, something that I feel the most peace with at times and something that helps me learn at other times.

***Blind Self***

Something that I’ve never noticed about myself is that I’m a really dependable friend and how much of an impact I have on my friends as I consider myself to be someone who would struggle to support and stand up for my friends as I like to stay to myself. All my friends have mentioned that I’m easy to approach and that they get this warm safe feeling around me and I’ve never noticed that about myself and it really surprised me. Something that I didn’t know about myself that my mom’s mentioned to me that I’m really stubborn when it comes to doing tasks and I was a bit offended when I heard that because I never thought that I was stubborn. My mom also mentioned that when I’m comfortable around someone I never really stop talking as I have so much to say at once and I had no idea that I could do that. My girlfriend brought up to me that I can be very supportive, caring, and that I’m very important to her and that shocked me because I didn’t think id be that important to someone. My friends, mom, and significant other all mentioned how strong I am in times of distress and how I don’t react how they do, and I never noticed that difference until they brought it up to me.

All of these observations from my friends and family have cleared my vision with my blind self in a way as I didn’t notice any of these until they brought them up and it’s a wonderful learning experience. I notice now that my stubbornness is prevalent when my mom wants a task done and I strongly insist we to the task the way I want to without thinking about all the other options. I never thought I would have this big of an impact on my friends as I never felt like I did much to affect them but they brought it up to me that I’m a great listener and they feel like they can trust me and get my advice on topics that trouble them and I’m glad they can trust me. My friends and my girlfriend have also brought up the fact that I seem so nonchalant at times of distress weather it be a looming test or something major like when I got in my car accident I never really freaked out I just stayed calm and didn’t have much of a reaction and it amazed me because I didn’t think about it until they brought it up as I consider myself to be very anxious and fearful in those types of situations. When my girlfriend said I’m very supportive and caring I was amazed at the fact that it was possible as I spend so much time to myself and would have never thought about anyone but myself but I’m glad I’m the best I can be for her.

***Unknown Self***

My unknown self has a lot of personality to it as I have a lot that I’m always concerned about like being unsure about the future. The future is always changing and that can make it unpredictable and that’s a big fear of mine because I like having a plan for everything it helps me feel in control of my life. Another unknown is having parts of that plan go south because in never prepared for the change and it makes me fearful of what’s to come. The inability to plan for the future because of this makes me very fearful as I’m unsure of what to do or what I could have changed had I planned for it. These fears have brought up the concept that I might not be as adaptable as I think I may be as suggested by my counselor when I brought it up to them.

***Reflection***

My perception of my communication behaviors before this assignment were keeping to myself and not really engaging with others or impacting others in any way. I felt like I was just floating along and struggling to keep up with everyone kind of feeling alone most of the time. I learned that these statements are false after the reflection as I’ve made a lasting impact with my friends, family, and significant other and they feel like they can trust me and I feel like I can trust them and break the communication barrier with them more often as well. I’ve learned about my stubbornness, how caring I am, how easy I am to open up to, and how strong I can be and this changed my view on myself because I never thought id evolve like this. I’ve opened up more to my friends and significant other, learned that my way isn’t the only way to do things, and learned how strong I can be and it makes me believe in myself more. Upon learning this I plan on working on opening up even more than I have before now that I know my friends trust me and how open they are to me. I plan on being more open to other individuals ideas rather than just my own based on what I’ve learned from studying my own communication practices. This study has taught me a lot about myself and has given me a lot to think about including what I can change about myself, how I’ve changed since then, and what I can learn from my fears.

**Interview with Mom (Family)**

|  |  |
| --- | --- |
| Open   * Stuttering * Intimidated * Quiet * Non engaging * Nervous | Blind   * Stubborn * Talkative * Strong |
| Hidden   * Fear of failing * Think the worst * Don’t like to disappoint | Unknown |

**Interview with Girlfriend (Romantic/Family)**

|  |  |
| --- | --- |
| Open   * Talkative * Sometimes speak softly * Tense * Worried | Blind   * Supportive * Caring * Strong * Important to her |
| Hidden   * Struggled to talk at first * Fearful * Take things to heart * Good listener | Unknown |

**Interview with Friends (College Friends)**

|  |  |
| --- | --- |
| Open   * Reserved * Closed Off * Observant * Struggle to start conversation * Quiet | Blind   * Dependable * Nonchalant * Great Listener * Approachable |
| Hidden   * Fearful * Great Listener * Don’t like attention * Takes things to heart | Unknown |