There is universal agreement that nurses require self-awareness to be effective helpers and therapists. Self-awareness includes psychological, physical, environmental (social) and philosophical components. The Johari Window provides a model to increase self-awareness. A change in any one quadrant will affect all others. The smaller the first quadrant the poorer the communication. Interpersonal learning means a change has taken place so that quadrant one is larger. The process of increasing knowledge of self is by listening to oneself and listening to and learning from others.

During your clinical experience reflect on an interaction you had with a client in the company of your preceptor. Make notes about how you thought you communicated and then seek feedback from your preceptor. Be gentle on yourself, remembering that the aim is to increase your self-awareness. Consider what you have learned about yourself from the experience.

### The Johari Window

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Known to self and others</td>
<td>Known only to others</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Known only to self</td>
<td>Known neither to self nor to others</td>
</tr>
</tbody>
</table>

The Johari Window: Each pane describes one aspect of self

### What I noticed about myself

- Anxiety level
- Tone and pace of voice
- Attending behaviour
- Use of questions
- Paraphrasing / reflection
- Body language

### What my preceptor noticed about me