

Awareness of self

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.

1 Known to self and others	2 Known only to others
3 Known only to self	4 Known neither to self nor to and others

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