

## *Reclaim YOUR Freedom* Online Workshop Transcript

### Lesson 2 – Opening Up

Who's heard of Johari, the Johari window? You have. Cool, okay. Johari, you know where the word comes from, Johari? There are two guys who invented this, Joe and Harry, so I guess the Johari window. The first axis is **known by self** and **unknown by self**. This is what I know about myself. This is my blind spot. I don't know this about myself.

So, I might be sitting here and not even aware of it. It might be my habits and you guys are saying what's wrong with you, why are you doing that? Doing what?

This here is **known by others**, what I'm showing of myself to you and this is what I'm hiding from you, **unknown by you** (others).

When we first meet people this area number one is quite small, the **open free area** because I'm not going to show too much of you of who I am until I can trust you. And why should I trust you until you give me a reason to trust you? And if I can't even be heard that's a damn good reason not to trust you, because what are you, you are going to trample over me, things like that.

That's your **open free area**. And the idea is as we come over here, as we start trusting others more, we open up more and more of who we are and reveal more of who we are. Over here is how do we **give feedback** to each other in an honest and respectful way without judgment? So, as I learn to trust you and you learn to trust me you'll learn to say you know Nigel, what you are doing is really annoying me, or are you aware you have that behavior?

That's the blind spot is the **feedback solicitation** is when I say I invite you to review what I'm doing. I invite you to give honest feedback. So, this is what I'm





doing. That's what that there is about. As we show more of ourselves and as we invite people to feed back more to us we go to this place called the **unknown area or self-discovery**.

The idea of doing these kinds of workshops, this kind of work or any other self-development work is to go into the **unknown area**, otherwise why do we bother coming here? So, the unknown area saying, I've got to feel safe, I've got to feel trusted, I'm asking you to trust me and I'm going to solicit feedback from you but be respectful about it and as I show more of myself please do not judge me.

That's kind of what this is saying, the Johari window. Again, a nice tool, nice model to use in communication with others. Make sense? So, the concept of listening and when we really listen to someone we invite them to open up. When we will listen to someone we actually identify things which they might not even know about themselves and we wait for them to invite feedback as this said listen, don't just jump in there because I don't feel heard then. If I want you to give me feedback I'll invite you.

