## Johari's Window

FREE AREA Public Self	BLIND AREA
What others know and what I know about me	What I don't know or don't understand about me – but others usually know about me
HIDDEN AREA Private Self	UNKNOWN AREA
What I know about me but haven't shared	The subconscious or unconscious

- 2 Biggest predictors: attitude & behaviors
- Drugs by themselves are a risk factor, but it's the combination of risk factors that are the concern...peers, family, education, job, etc.
- $\circ$   $\;$  The habit itself is about 10% of the issue
- Our main instincts are survival and sex but even addiction will supersede survival/sex
- Increasing public self is the goal to not live in shadow in order to do that requires disclosure disclosure begins with a good person, which results in empathic feedback.