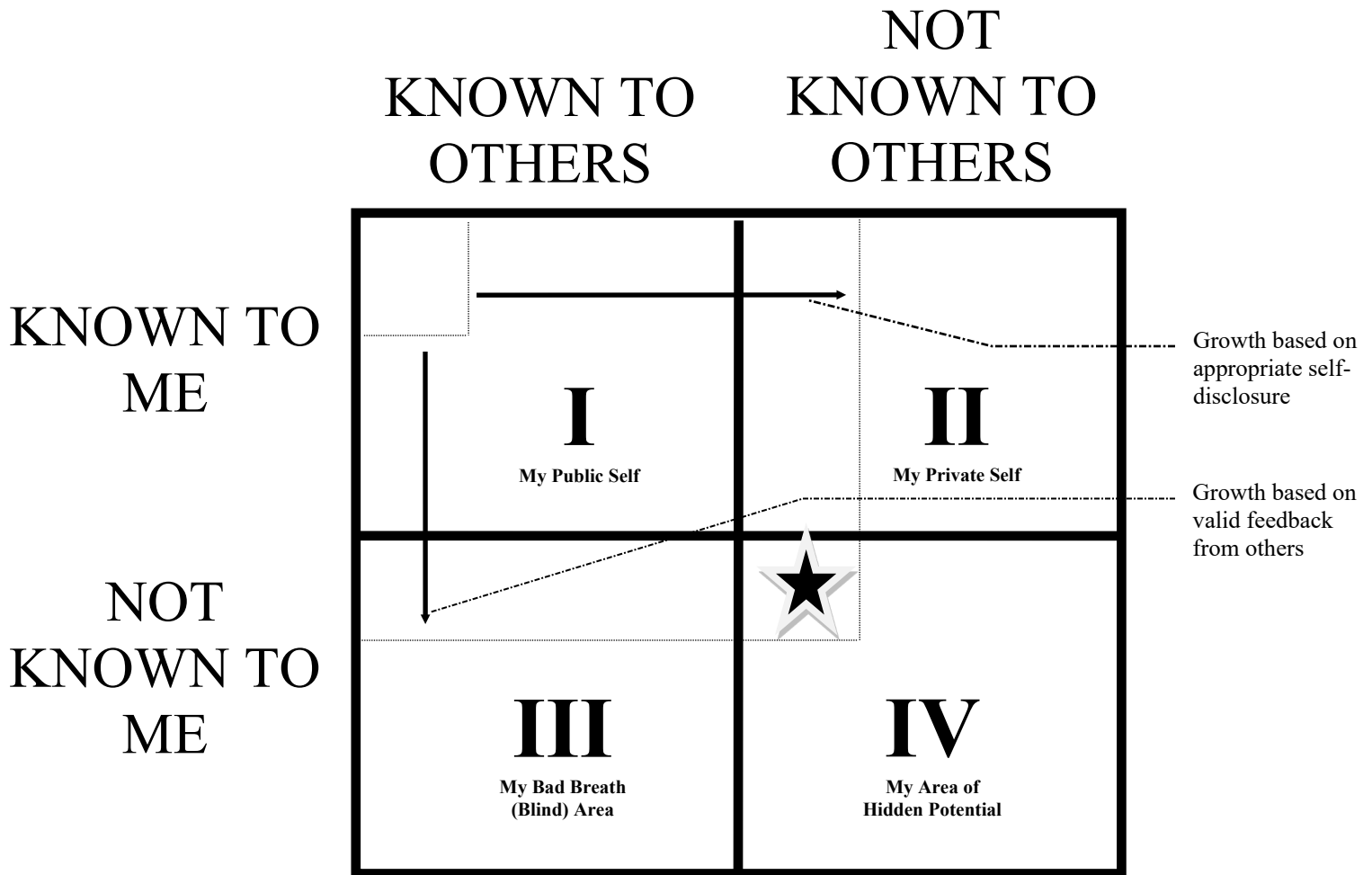

Breaking the Vicious Cycle¹



- I:** **My PUBLIC SELF** - information about me which is known to me and is known to others
- II:** **My PRIVATE (SECRET) SELF** - information about me which is known to me and not known to others
- III:** **MY BLIND SELF** (the “bad breath” area) - information about me which is not known to me and is known to others
- IV:** **MY HIDDEN SELF** - information about me which is not known to me and is not known to others. An area of hidden potential and abilities.
- Actualized Hidden Potential** - This is the area of unexpected, unanticipated, unheralded discovery. It is accessed based on the growth dynamics generated by feedback and self-disclosure. It is more than a new cognitive awareness of self – It is the “popping into presence” of skills, abilities and capacities that had been there all the time.



¹ Adapted from JoHari’s Window created by Joe Luft and Harrington Ingham.