

# The Nohari Window

The Nohari Window is a challenging inversion of the Johari Window, using antonyms of the original words. Try describing yourself and your perceived failings from the fixed list of adjectives below, then asking your friends and colleagues to describe you from the same list. This will give you a grid of perceived and unrecognised weaknesses that can be explored.

To start, pick the five or six words that you feel best represent your weaknesses, from the list below:-

<b>incompetent</b>	<b>intolerant</b>	<b>inflexible</b>	<b>timid</b>	<b>cowardly</b>
<b>violent</b>	<b>aloof</b>	<b>glum</b>	<b>stupid</b>	<b>simple</b>
<b>insecure</b>	<b>irresponsible</b>	<b>vulgar</b>	<b>lethargic</b>	<b>withdrawn</b>
<b>hostile</b>	<b>selfish</b>	<b>unhappy</b>	<b>unhelpful</b>	<b>cynical</b>
<b>needy</b>	<b>unimaginative</b>	<b>inane</b>	<b>brash</b>	<b>cruel</b>
<b>ignorant</b>	<b>irrational</b>	<b>distant</b>	<b>childish</b>	<b>boastful</b>
<b>blasé</b>	<b>imperceptive</b>	<b>chaotic</b>	<b>impatient</b>	<b>weak</b>
<b>embarrassed</b>	<b>loud</b>	<b>vacuous</b>	<b>panicky</b>	<b>unethical</b>
<b>insensitive</b>	<b>self-satisfied</b>	<b>passive</b>	<b>smug</b>	<b>rash</b>
<b>dispassionate</b>	<b>overdramatic</b>	<b>dull</b>	<b>predictable</b>	<b>callous</b>
<b>inattentive</b>	<b>unreliable</b>	<b>cold</b>	<b>foolish</b>	<b>humourless</b>

If you need further assistance then contact: [wilf@mindskills.co.uk](mailto:wilf@mindskills.co.uk)

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