

## **Johari Window Journaling Guide: Communications and Acceptance of Unease in intimate relationships**

### **Theme: Detachment & Drama**

**Goal:** Increase personal insight, promote accountability, and reconnect with values through reflective journaling.

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### **❖ Part 1: The Johari Window Zones**

#### **1. Hidden Self (*I know but keep hidden/ deny*)**

- What truths about my communication did I hide from others (including myself)?
- What were the emotions I suppressed during this time (e.g., guilt, fear, entitlement)?
- What kept me from being honest—was it shame, pride, fear of rejection?
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Eg Is there a part of joint energy from my family of origin, past intimate relationships which informs the present relationships.

#### **Prompt:**

What did I know about my actions that I deliberately chose to hide, and why?

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Mindfulness Exercise- Take three deep breaths, scan

Suggested exercise- Take 3-4 deep breaths, do a body scan, quieten down,

connect with your heart

in your heart- see whether it is open or closed, bitter or contented, clear or confused, angry or compassionate

Journal about it

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## 2. Blind Self (*others see, I deny, refuse to admit/see*)

- What did people around me notice—perhaps in my behavior, mood, or choices?
- Did anyone try to mirror the truth back to me, and how did I respond?
- How did dishonesty manifest in small ways—tone, body language, omissions?

### **Prompt:**

1- If the same situation is described by the other person in the situation how would they see it and say it

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### 3. Open Self (*What was known to both myself and others*)

- What truths about values, facts, events , perceptions have stood test of time?
- How did these truths affect my relationships- those I am close to, those whose paths have now gone another direction?
  
- What parts of me am I connected to, feel genuine about
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#### **Prompt:**

In moments of clarity, what truths did I own—and what did that reveal about me?

What am I confident about?

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### 4. Unknown Self (*What I'm only discovering now*)

- What patterns about communications with my inner self, higher self, intimate relationships am I noticing about how I handle truth and discomfort?
  
- How do changing contexts, cultures and my choices measure up to the reasons why certain things happened in my life?

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- What protective factors and strengths of my past am I knowing through this process?

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**Prompt:**

What is this journey of uncovering the reasons for the defense mechanisms teaching me?

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 **Emotional Themes Integration**

 **Detachment**

- What reality was I unwilling to face?
  
- What role did denial play in helping me feel “safe” or “justified”?
  
- How did I disconnect from my own emotions or from the people around me?
  
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 **Drama**

- How does a moment of deliberate calm help me see the landscape of identity and action, associations and aspirations in a different way
  
- What dramas have become a habit ?

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- What was I avoiding by numbing or detaching?
- In what ways did I dramatize my situation (blame, victimhood, exaggeration)?

What purpose does this chaos serve? Is to avoid accountability?

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### Values Reconnection

- What core values (e.g., honesty, loyalty, humility) did I betray?
- How do I want to realign with those values now?
- What might redemption look like—not for others, but for *myself*?

### **Prompt:**

How can I begin to live in a way that earns back my own trust?

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 **Final Reflection (Letter Practice)**

Write a brief letter to:

- Your **past self**, offering both truth and compassion.
- A **parent or elder**, living or deceased, who you feel accountable to.
- Your **future self**, who is walking the path of repair.

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Developed by Prashant Bhatt, who focuses on marginalized and minoritized communities in his work as a psychotherapist. His work helps build nuanced conversations in identity and work behind myths of family “honour” and how one can monitor and modify patterns using tools such as the Johari Window and find fellow travelers on roads less traveled.

Bhatt has been in helping professions for four decades, bringing into his writing the experience of caring and precision, blended with humanity which comes from having witnessed suffering at a personal level.

He has worked in the context of intimate partner violence and intimacy anorexia. He has witnessed in displaced persons the reality of the dictum that all the wounds of war are not seen.



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## Books

**SHAFSHOOFA MALESHI** Collection of narratives in different phases of the Libyan revolution. As the history of this region takes a decisive turn, I spent some time looking into narratives of common people long suppressed

You can download the book here [Shafshoofa Maleshi](#)



2011- October- Fall of Tripoli-

**IN TRANSIT AT DUBAI INTERNATIONAL-** Oral History Narratives of common people living in Middle East and North Africa

You can download the book here [IN TRANSIT AT DUBAI INTERNATIONAL](#)



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