

Privacy Window

A model to help people to improve self insight and their relationship with other individuals through personal disclosure and constructive feedback.

It can be used for two main purposes:

To help you to improve your communication by improving your self-insight.
To improve your relationships by building understanding between you and others.

These are achieved by improving your quality of communication.

How it works

In front of you is a privacy window. You choose to show as much or as little of your inner thoughts and feelings to the world as you want, and the window provides security for the rest.

So what does this have to do with communication. Put simply, the more someone knows about you, the better they can understand you, and vice-versa. The window is made up of 4 sections.

1. Open: Details about you that you and others have a mutually shared perception of.
2. One-way Glass: Details about you that others perceive in you but you don't see in yourself.
3. Privacy Glass: Details about you that you know but keep from others.
4. Boarded: Things about you that you don't see in yourself and that others don't see in you either.

Look for opportunities to increase people's 'open area' and tap into their areas of unused potential by:

1. Feeding back constructively.
2. Encouraging self-disclosure.
3. This will tap into the boarded up section.

	Known to self	Unknown to self
Known to others	1. Open	2. One-way Glass
Unknown to others	3. Privacy Glass	4. Boarded up

