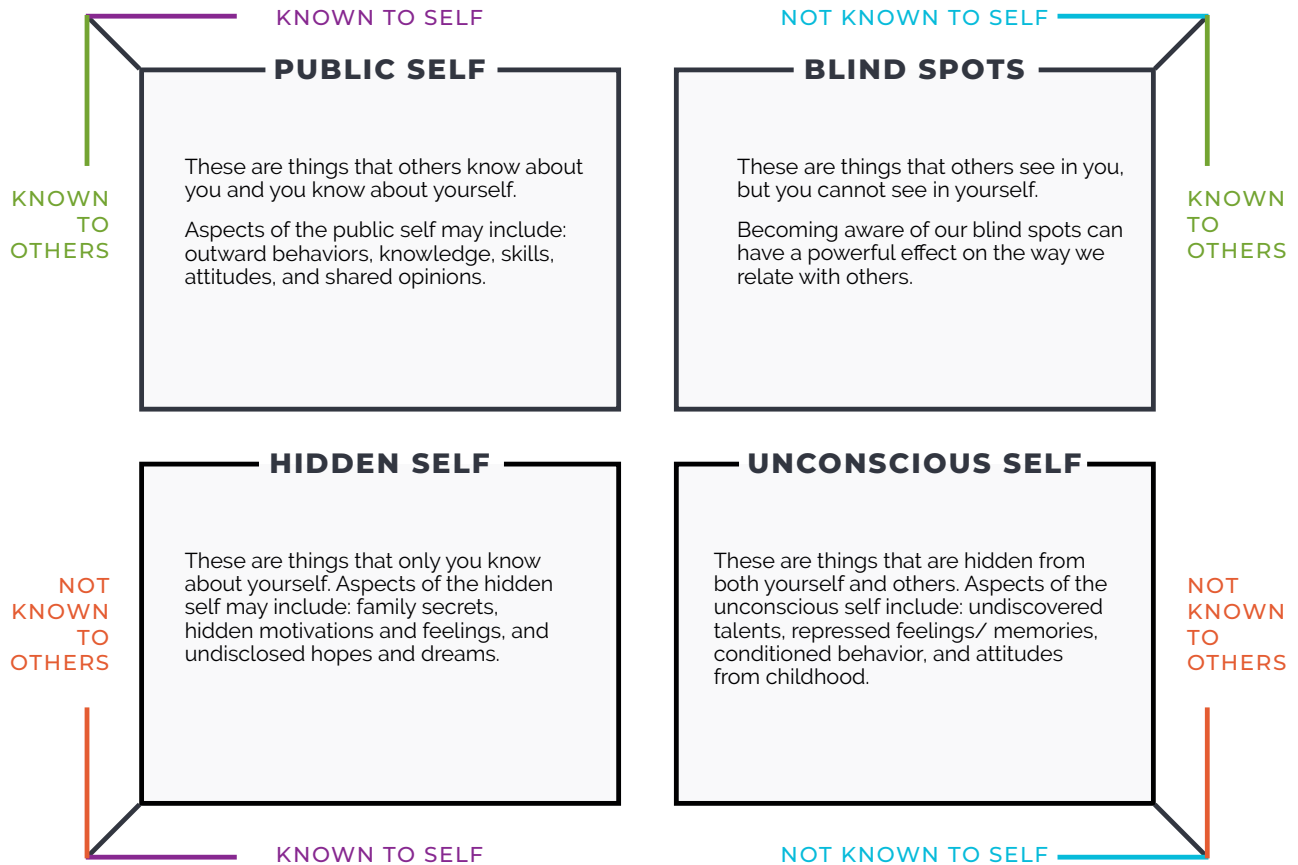


Johari Window**



“We can start becoming aware of the inner emotional life we have developed since we were young children by observing our interactions and noticing the kinds of behaviors or emotional situations with children that make us most uncomfortable.”

- TAMAR JACOBSON, 2008*

* Jacobson, T. (2008). *Don't Get So Upset!* Redleaf Press: St. Paul, MN. p. 108

** Luft, J.; Ingham, H. (1955). "The Johari window, a graphic model of interpersonal awareness." Proceedings of the western training laboratory in group development. Los Angeles: University of California, Los Angeles.