



A Journey through Change

Background:

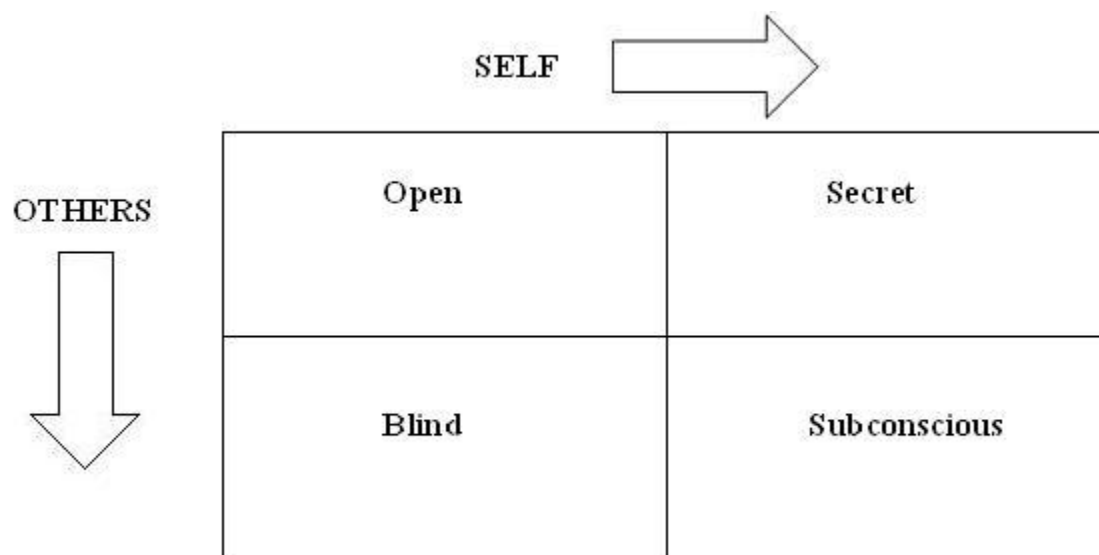
Abstinence = Not using, not doing (bad habit/negative behavior). There is much involved with the process of getting better: CHANGE is involved

Change What?

- Environment and Associations (Who, what, where, you are involved with and are surrounded by)
- Thinking
- Behaviors (Routines, Habits)
- Values/Priorities (What is most important in life)
- Our Ability to manage our emotions, (Learn to change reactions and behaviors)
- Decision-making/Problem Solving
- Self-Care: Physical, Mental, and Spiritual Health

Activity: Journey through Change

Johari's Window: (An illustration of how we see ourselves and how others see us)



Open Window: Things about you that you do not hide. Things you are open with others about.
(Ex: Hobbies, likes/dislikes, goals, attributes)

Secret Window: Your secrets. What you know about yourself but usually want to conceal from others
(Ex: Fears, pain/hurt, guilt/shame, embarrassment, shortcomings, “ugly” things)

Blind Window: What others can see in you, but you cannot see
(Ex – DENIAL, defenses, things beyond our insight that are evident to others)

Subconscious Window: That which you cannot see and others cannot see – hidden/buried
(Ex – Dreams)



Johari's Window Change Exercise:

Directions: Everyone gets four pieces of blank white paper and a pen.

- First paper represents the OPEN window: Everyone write 5 things that they are open about wanting to change in their life. Write “I want...” or “I need...” statements. For example: “I want to get a college degree within the next 5 years” or “I need to lose 10 pounds” or “I want to reunite with my children”. Write your name on it and the word OPEN
- Second paper represents the SECRET window: Everyone take a few minutes to write about something that they did not write about in the open window, maybe because you are embarrassed, uncomfortable, ashamed that now, in the safety of group, maybe you are willing to open up about. For example: “I have been thinking about leaving my boyfriend” or “I really need to stop sleeping around so much” or “I have to make amends to my parents” or “I stole my grandmother’s ring and sold it for drugs” If you are uncomfortable writing it out, just write something that will remind you of the subject and you can elaborate verbally. If this is too difficult to do then simply pick one or two things about yourself that you have not shared yet it group. These things do not have to be “deep”, just something that you have not mentioned yet.
- Third paper represents the SUBCONSCIOUS window. The directions are simple: Draw “Change”. Clear your mind. Anything goes, draw whatever comes to mind when you think about change. The idea is not to think too much but just start drawing and let your subconscious be your guide. (Another option for this window to display the subconscious as an alternative would be to have everyone write about a dream that can remember)
- Fourth paper represents BLIND window. Write your name on the paper and write BLIND. (For example BLIND – KEN or BLIND – MARY, etc.) One by one pass the papers to the right in a circle and as you get each person’s paper write some constructive feedback or observations for that person. Stop when each paper goes all the way around. Anything goes as long as it is constructive. No insults or personal attacks allowed. Be constructive. The idea is to get some constructive feedback from others in the group. Keep it positive instead of being critical or judgmental.

Process:

Everyone take his or her 4 papers and staple together in a packet in order. You have now made your own, four paneled Johari’s window. Now everyone pass up their stapled final 4 page packets to the counselor. Counselor reads each packet to group, displays artwork, and allows clients to elaborate and share their journey into change on each level of the Johari’s window. If done correctly, this should generate a lot of interest



Some Process Questions:

1. When you think about some of the things that you mentioned changing in the *open* window, how would you assess your progress? Are you doing anything about any of the things you mentioned? Which areas in your open window do you consider successes? Which things do you think still need work? Why?
2. How did you feel when you listed things that you needed to change in your *secret* window? What kind of progress are you making (or not making) with these issues? What may be holding you back? What might you need to improve your progress in these more challenging areas?
3. What, if anything came up when you discussed your artwork representing change in your *subconscious* window? Did anything meaningful come to mind? If so, what?
4. How do you feel about the feedback about change that you received from others in reviewing your *blind* window? Can you understand why others might have said what they did? Why do you think so? What stuck out as noteworthy to you?