

Johari windows useful in Epicurean philosophy? (thread started by Adrastus)

Post by “Kalosyni” of July 4, 2025 at 9:29 AM

This may potentially may have some overlap to Philodemus writing on the emotion of anger.

Here is what I gather are the 4 Johari categories:

1. behavior, feelings, and motivation about yourself that are both known by you and known by other people
2. behavior, feelings, and motivation about yourself that are known by you, but are unknown by other people
3. behavior, feelings, and motivation about yourself that are unknown by you, but are known by other people
4. behavior, feelings, and motivation about yourself that are both unknown by you and unknown by other people

[Adrastus](#) Is your main motivation in bringing this Johari window aimed mainly in the arena of self-improvement or helping others with self-improvement?