

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

Post by “Adrastus” of July 4, 2025 at 10:28 AM

[Quote from Kalosyni](#)

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

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

Very cool about possible overlap to Philodemus. I have 'On Anger', but I feel like the sort of copy I have lends itself to needing an accompanying exposition of the context and ideas within it by a more learned scholar to really enjoy reading it and gleaning the insights from it.

I also think you have a very good understanding of what the 4 quadrants in this model represent.

I suppose my motivation for posting it here was that I saw the topic name of "Conveying Epicurean Philosophy: Study and Practical Applications" and rather than start a new thread, I thought maybe the thread was meant to gather up different tools to use to explain Epicurean philosophy to folks. I had just discovered this tool/framework, and thought it was neat and wanted to write this up to see if an account of it "tracks" with Epicurean philosophy as I, and the many Epicureans here who might read it, understand it. In terms of briefly explaining the more minutiae of motivation for explaining it to the people, I explained it to my kids to try a different way of using reasoning to parent them rather than just a simple but ineffective "because I said so" approaches. So, I used it to explain why teaching them things like listening to their emotions and senses is important and tied in forms of entertainment and diversion like video games and TV can lead to a form "self-forgetting" where they are less compelled to engage with other people and activities in ways that might help them learn about themselves.

For my wife, I brought it up because we have been exploring ideas of renegotiating our vows to one another, and I've lightly tied the notion of doing so to Epicurean thought, which she trusts is benevolent though she doesn't study it herself, and this sort of model was meant to picture what we would be getting up to, and how and why. For my friends, they also will likely never read Epicurus or study it deeply, but I like to share things with those among them who are interested to know more and easier ways of entry into understanding Epicurean epistemological

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methods. Also I think this sort of visual representation could illustrate why Epicurean Philosophy is more hopeful and has achievable goals, versus the more popular and recent "-isms" which I rightly or wrongly judge to be more in the category of a consolatory philosophical tradition; rather than therapeutic and ethical, and ultimately salvific or healing, traditions such as Epicurean Philosophy.

We can delete it all if it doesn't work for this forum, or if it's not right for the intended use of this thread. Also, this morning I had just perused the article you posted in the original post, and had intended to reply to it if I had anything useful to add to it; and didn't mean to entirely distract from anyone wanting to comment on the original post. 😊