

Depression Self Test

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PreventingDepression.net

AdChoices 

Interactive Johari Window

The **Johari Window** was invented by Joseph Luft and Harrington Ingham in the 1950s as a model for mapping personality awareness. By describing yourself from a fixed list of adjectives, then asking your friends and colleagues to describe you from the same list, a grid of overlap and difference can be built up.

To get started, pick the five or six words that you feel best describe you, from the list below:-

able	accepting	adaptable	bold	brave
calm	caring	cheerful	clever	complex
confident	dependable	dignified	energetic	extroverted
friendly	giving	happy	helpful	idealistic
independent	ingenious	intelligent	introverted	kind
knowledgeable	logical	loving	mature	modest
nervous	observant	organised	patient	powerful
proud	quiet	reflective	relaxed	religious
responsive	searching	self-assertive	self-conscious	sensible
sentimental	shy	silly	spontaneous	sympathetic
tense	trustworthy	warm	wise	witty