	Known to self	Unknown to self
Known to others	<b>Free and open:</b> You know and others know	<b>Blind self:</b> You don't know, but others do
Unknown to others	<b>Hidden self:</b> You know, but others don't	<b>Unknown self</b> You don't know & nor do others

## Maslow's Hierarchy of Needs

By Joel Lavenson