

Stratagame Project

The levels at which communication takes place



When talking about the levels of communication, we refer to the way each of us presents each other in the relationship with the others, about what each of us communicates through words, gestures, mimics, attitude, whether it is a dating meeting business or a job interview.

Any person can be regarded as having multiple levels in which he "gathers" information about himself and the world around him: open level, hidden level, blind level, unknown level.

When referring to the open area is that part of each of us, whose content we are aware of and which we are willing to reveal to others, through discussions, remembering memories, discussing common knowledge, etc.

Another part of each of us is the hidden area, whose content we are aware of, but which we deliberately do not want to reveal to others. It refers to the feelings we have about people or situations, the way we react to certain events, the impulses that we are aware that we have and which we can see as antisocial, in a given context, events in life in which we have acted otherwise than according to those of our closest friends or to the group we are part of, or events that we have reacted to our own standards or those of our group.

We all have a blinded area whose content we are not aware of, but which is part of us and our way of presenting us at a certain moment, and others can "see" our side in time what we are "blind". Here are certain feelings and certain features that we do not recognize as ours.

Interestingly, each of us has an unknown area that contains data about which we are not aware that we have, but no one else can see or notice. These are strongly repressed feelings, tendencies and impulses, talents and potentially completely unknown, characteristic reactions that occur only in critical situations, special situations, in "exits" that we flatter or talents we did not suspect we have.

