

# How can talking about yourself help someone else?

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Every one of us has been significantly helped by hearing someone else talk personally.

But it's hard to be open in a way that is helpful to someone else.

Some people are too open.

Other people are too closed.

How can you get it right? Listen in on examples of the kind of honesty that really helps.

Let's do a thought experiment:

Think about the person you most trust.

What is it about that person that makes you trust?

