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## Context to the nugget

Why is vulnerability one of the key elements in building any relationship? Why is it especially so important now when our world seems to be awash with picture perfect Facebook posts? Hear Papa CJ tackle this question. Hint: Watch out for an amazing tip about finding that fountain of confidence that we all seek!

## Transcription

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Deepak Jayaraman (DJ): Reflecting on the show 'Naked,' one of the pieces that stand out for me is the notion of vulnerability and the role that it plays in building trust. Gives us a sense of how that's played out in your stand-up and in other aspects of your life?

Papa CJ (CJ): You see the problem is that, nowadays, people are trying to be perfect. With social media, every Facebook post is about how my life is amazing. We have become a world where our sense of self-worth comes from external validation. Now, all human beings know that is not the case. People ask me about confidence. Yesterday, I had a friend who asked me, how do you have the confidence to go up and talk like that. I think, the second you can understand that it is completely OK for you to fail, there's nothing wrong with failing that is where confidence comes from.

People ask me about presentations, I am nervous about presentations. The second you understand it is completely OK for you to tell your audience, 'I don't know but I can find out and come back to you,' you are fine. Because what you might not realize is that all those other people have the same fears, the same vulnerabilities, and even if you fail, the fact is, they will admire you for having the guts to put yourself out there and talk about things or do things that they didn't dare to do. At the end of the day, we're all human beings, we all have vulnerabilities, we all have pain, and we all have weaknesses. The more human we can be with each other, the more that connection comes. I'm much happier opening up to you about my problems if I know that you have problems too. But if you're this picture of perfection, then I'm like, whoa, maybe I don't want to hang out there and look bad.

I mean, what do I do in 'Naked'? In the show, 'Naked,' I put out all my weaknesses, all my pain. You will be amazed at the kind of stories people have told me afterwards. They have cried. They have opened up about various tragedies they have gone through in their life which they have suffered with for years. Many of them have walked out of the show thinking, if he can go through this and still find the positive, why can't I? That's why when you asked me right at the start, my first answer was honesty. If you can be honest with yourself and then take that honesty to other people, I think,

in today's day and age, that is a rare quality and people will want to work with you or want to relate to you for that.

## Reflections from Deepak Jayaraman

DJ: I am reminded of the term "Anti-knowledge" used by Nassim Nicholas Taleb where he talks about the importance of knowing what you don't know. I guess, it has become all the more imperative given the number of moving parts in the world we live in. Being vulnerable and saying "I don't know" but I can figure it out is arguably a lot more important today than it was 20 years ago.

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## End of nugget transcription

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### Papa CJ - Nuggets

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- 04.03 Papa CJ - Plunging into stand-up
- 04.04 Papa CJ - Stand-up: Unknown unknowns

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### **About Deepak Jayaraman**

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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