

They may feel afraid of the Most of us have encountered a person in our lives experience of listening, being receptive, or learning who can accurately be referred to as a know-it-all. something new, because it's This person seems to know so unfamiliar. On the one hand, when we everything about anything that gets brought up and see the childlike need tends to dominate the conunderneath the know-it-all's versation. They don't take mask of confidence, we feel well to being questioned, compassion for the person, and they have a hard time and we may tolerate their ever admitting that they one-sided approach to conwere wrong. versation out of a desire not to hurt their feelings.

Rather, you become an person most longs for, and at some point in their lives, they learned that knowing it all was the way to get those needs met. Over time, they have become stuck in this pattern, regardless of the fact that it is no longer working.

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Disarming the Know-It-All A Chance to Contribute

People who are know-it-alls are simply stuck in a pattern and may actually have feelings of low self worth.

Being around a know-it-all is inevitably tiring because there is no shared energy between the two of you. audience member to this person's need to be the center of attention. Attention and respect are probably the two things this

On the other hand, we may be feeling drained and tempted to avoid this person altogether. In the middle of these two possible ways of feeling, we may actually like this person and wish for a closer relationship. If we come from a place of kindness, we might attempt to bridge the gap that this person's

habitual way of relating creates. Simply expressing a desire to be closer may open 1) their heart, and give you a chance to ask for what you need in the relationship—a chance to contribute.



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