DAY 23

Curiosity, Not Cross-Examination

Honoring Curiosity Without Shame

Today's Diary at a Glance

In Day 23, Kimberly reflects on her lifelong instinct to ask questions, a trait welcomed by her parents but often misinterpreted by others as an interrogation. While her inquiries stemmed from deep curiosity, learning needs, memory challenges from brain trauma, or sensing genuine inconsistencies, partners and peers sometimes felt put on trial. Kimberly recounts the painful struggle of being told people were walking on eggshells around her, leading her to question her own trustworthiness even when her questions uncovered dishonesty. Finding freedom in artificial intelligence tools where questions can flow without exhausting human patience, she reconciles her need for clarity with others' capacities. Today, Kimberly honors her inquisitive mind as a creative strength rather than a character flaw.

Key Life Lesson

Questions serve diverse purposes, from clarifying information and exploring deep interests to navigating memory retrieval and resolving inconsistencies. Although inquiring minds do not intend to challenge or disrespect, rapid or repeated questions can unintentionally overwhelm another person during emotionally sensitive moments. Creating healthy communication involves honoring the need for genuine comprehension while extending consideration and patience to everyone involved.

Spiritual Reflection

James 1:5 (KJV)

Drawing from James 1:5, Kimberly finds peace in knowing that seeking wisdom from God is met with liberality rather than reproach. True wisdom lies not only in pursuing knowledge, but also in learning how to ask with humility and when to let understanding unfold in its own time.

Moment of Grace

You are worthy of patience and understanding whenever your mind needs clarification, repetition, or time to process. May you release the shame of being told you ask too much, trusting that your desire to understand is a gift rather than a defect.

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Today's Self-Reflection

1. Have you ever been told that you ask too many questions? Perhaps you were a child who always wanted to know why. Perhaps you need detailed explanations before you feel comfortable making decisions. Perhaps you ask questions because you are deeply interested in a subject. Or perhaps you sometimes need information repeated because remembering or processing it is difficult.
2. Think about the way you seek understanding. Have you ever been made to feel embarrassed for asking?
3. Have you ever assumed someone was challenging you when they were genuinely trying to learn?
4. Have you ever stopped asking questions because you were afraid of frustrating someone?
5. And have you considered how much understanding might be lost when people no longer feel safe being curious?
6. Today, consider how you can create more room for questions in your relationships, workplace, family, or community. You can practice explaining why you are asking. You can make space for another person's boundaries. You can listen without assuming that every question is a challenge. And you can recognize that people may need different kinds of explanations to reach the same understanding.

My Journal

1. If you wish, write about a time when your sincere desire to understand was perceived as an interrogation or a challenge, noting how that experience shaped your willingness to speak up.
2. If you wish, reflect on the different reasons you ask questions—whether out of curiosity, memory retrieval, or a search for consistency—and consider how offering your intention first might bring you peace.

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Prayer & Application

Prayer prompt: If prayer is part of your practice, thank God for an inquiring mind that seeks truth, clarity, and deeper connection. Ask for discernment to communicate your intentions with grace, and for the wisdom to honor both your curiosity and the capacities of those around you.

Practical takeaway: Before asking a series of questions, gently frame your intention aloud by saying, "I'm asking because I want to understand, not because I'm challenging you."

Reading Circle Discussion

1. How do you distinguish between someone questioning your character and someone simply trying to process and understand information?
2. Kimberly describes how memory challenges and information retrieval can cause someone to ask questions repeatedly; how can communities build safer environments for those cognitive needs?
3. In James 1:5, God promises wisdom liberally without upbraiding or scolding; how does this divine invitation reshape the way we respond to ourselves and others when questions arise?

Your written responses belong to you. You may leave any prompt unanswered and decide whether to share anything in a group.

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Read the complete chapter in your published book.

The Diary of a Neurodivergent Black Woman

30 Days of Faith, Identity, Healing, and Becoming · Kimberly J. Lewis, M.Div.

This companion includes manuscript-based summaries, the original questions in Today's Self-Reflection, and newly developed companion exercises. Scripture reference: James 1:5 (KJV). Source: Approved manuscript · Day 23 · pages 162–178.

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