DAY 28

The Courage to Be Seen

The Courage to Be Seen

Today's Diary at a Glance

In Day 28, Kimberly reflects on receiving confirmation of her autism diagnosis, recognizing that it did not make her a different person but provided clarity for lifelong experiences. While her professional accomplishments, creative projects, and public visibility have often been recognized, she explains that visibility does not equate to being fully understood. Acknowledging co-occurring realities like ADHD, depression, brain trauma, and memory challenges alongside her strengths, she emphasizes that exceptional performance should never be the prerequisite for acceptance. Highlighting the vital contributions of cognitive diversity in technology and society, Kimberly affirms that disclosure remains deeply personal. Authenticity does not require revealing every detail, but rather finding the peaceful freedom to be known and valued as the woman she has always been.

Key Life Lesson

Being understood begins with recognizing that human beings are far more complex than diagnoses or outward metrics of success. People can carry profound gifts and navigate significant challenges at the same time, without either reality diminishing the other. Genuine inclusion creates supportive environments that respect personal boundaries and honor individual dignity without demanding complete public disclosure.

Spiritual Reflection

1 Samuel 16:7 (KJV)

Drawing from 1 Samuel 16:7, Kimberly finds peace in knowing that while human beings evaluate outward appearances, God intimately perceives the heart. Her worth, challenges, and gifts were never hidden from God, freeing her to share her story with courage, wisdom, and spiritual discernment.

Moment of Grace

Give yourself permission to honor the full truth of your journey without feeling compelled to expose every private chapter. You are worthy of profound dignity and respect simply as you are, entirely separate from what you produce or accomplish.

© Kimberly J. Lewis, M.Div. · Companion to The Diary of a Neurodivergent Black Woman

Today's Self-Reflection

1. Have you ever discovered something about yourself that helped explain experiences you had struggled to understand? Perhaps you learned more about how your mind works. Perhaps you recognized a strength you had previously overlooked. Or perhaps you began to understand why certain situations required more effort than others realized.
2. Consider what it means to be seen and understood.
3. Are there parts of yourself you have felt pressured to hide?
4. Do you sometimes judge your abilities by the things you find difficult?
5. And how might you create space for others whose experiences differ from your own?
6. Today, remember that understanding someone requires more than observing what they accomplish. It requires a willingness to recognize the full humanity of the person behind those accomplishments.

My Journal

1. If you wish, write about a time when learning something new about how you think or process the world brought relief and compassion to your life.
2. If you wish, explore the boundaries you want to maintain regarding your personal story, affirming your right to share only what feels safe and authentic.

© Kimberly J. Lewis, M.Div. · Companion to The Diary of a Neurodivergent Black Woman

Prayer & Application

Prayer prompt: If prayer is part of your practice, thank God for knowing every hidden layer of your heart, mind, and history long before you found language for them yourself. Ask for wisdom to discern when to share your experiences and the courage to rest quietly in His unfailing love.

Practical takeaway: Choose one personal boundary today that protects your private well-being, remembering that you do not have to prove your worth through disclosure or exceptional effort.

Reading Circle Discussion

1. How can communities and workplaces celebrate diverse ways of thinking without reducing people solely to their output or their diagnoses?
2. What helps you navigate the balance between wanting to be authentically seen and maintaining wise, healthy boundaries around your private life?
3. Reflecting on 1 Samuel 16:7, how does knowing that God looks upon the heart comfort you when others only judge your outward actions or visible challenges?

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

◇

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: 1 Samuel 16:7 (KJV). Source: Approved manuscript · Day 28 · pages 209–217.

© Kimberly J. Lewis, M.Div. · Companion to The Diary of a Neurodivergent Black Woman