DAY 01

Why Do People Think I'm Unapproachable?

Being seen beyond the surface

Today's Diary at a Glance

In Day 1, Kimberly reflects on the pain of being judged before she is known. People read her quietness, expression, and accomplishments as signs of coldness or pride, while she is using her energy to navigate memory difficulties, neurological fatigue, and sensory demands. Casual comparisons and dismissive comments deepen the distance between what others assume and what she actually carries. Beneath her stillness is a sincere desire for friendship and connection. Over time, trying to appear more welcoming has meant monitoring her face and adjusting her presence for other people's comfort. She begins to question how much of herself she has hidden to avoid being misunderstood. The day invites readers to replace surface judgments with curiosity and to consider the freedom of being known by God without having to manage every impression.

Key Life Lesson

A quiet expression is not a moral failure or proof of pride. The manuscript calls readers to recognize the unseen effort behind someone's presence and offer curiosity rather than judgment. Being worthy of welcome does not require a constant performance of pleasantness.

Spiritual Reflection

1 Samuel 16:7 (KJV)

Kimberly's spiritual reflection contrasts judgments based on outward appearance with God's knowledge of the heart. Her insight is that being fully known by Him can release the pressure to manage other people's impressions.

Moment of Grace

Give yourself permission to stop managing every assumption about your expression. Quietness does not erase your worth; simply showing up may already have required courage.

Today's Self-Reflection

1. Where in your life have you exhausted yourself trying to soften your face or dilute your presence so others wouldn't misjudge you?
2. Think about a time when someone made an assumption about you before they knew you. How did it affect the way you showed up afterward?
3. What would it look like today to let your quietness just be quietness, without apologizing for it?

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My Journal

1. If you wish, write about what is happening inside you when others see only a quiet face. What do you wish they understood?
2. If you wish, describe a place or relationship where you can be present without performing pleasantness. What helps you feel welcome there?

Prayer & Application

Prayer prompt: If prayer is part of your practice, ask God for rest from the pressure to manage every impression and for courage to be present as you are. Ask for a spirit of curiosity toward the unseen burdens of others.

Practical takeaway: In one interaction today, pause before interpreting someone's quietness. If conversation is welcome, ask a gentle question rather than filling the silence with an assumption.

Reading Circle Discussion

1. How does this chapter challenge the habit of treating facial expressions, silence, or accomplishments as evidence of someone's character?
2. What might a welcoming reading circle do differently when quietness reflects processing or fatigue rather than disinterest?
3. How does 1 Samuel 16:7 invite us to reconsider both the assumptions we make about others and the pressure we place on ourselves?

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: 1 Samuel 16:7 (KJV). Source: Approved manuscript · Day 1 · pages 9–11.

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