DAY 06

Feeling Everything and Having No Words

Feeling Everything Without Words

Today's Diary at a Glance

In Day 6, Kimberly reflects on the painful divide between her intense internal world and her external presentation. Growing up with a flat, monotone demeanor that earned her the nickname Eeyore, she concealed profound inadequacy and heartache behind a learned smile. Her facial expressions never matched the storm inside, leaving her to weep behind closed doors without language for her pain. Seeking safety and understanding, she asked relentless clarifying questions, which others often misread as hostility. Despite graduating as valedictorian, the pressure of navigating life without a script culminated in surviving a suicide attempt in 2001. After navigating depression, anxiety, PTSD, and ADHD, her late diagnosis of Autism Level 1 in her forties revealed that she had simply been feeling everything at maximum volume without words.

Key Life Lesson

A flat expression or monotone voice does not signify an absence of feeling, but often reflects emotions too intense to process simultaneously. Asking relentless clarifying questions is often an effort to locate safety amid confusing social cues rather than an act of hostility or accusation. Gaining the vocabulary for your neurodivergent wiring reframes what felt like personal inadequacy into an unaccommodated internal storm.

Spiritual Reflection

Scripture theme from the manuscript: the Spirit's intercession with groanings too deep for words (no verse reference cited in the manuscript)

God never measures our hearts by outward emotional symmetry, and He understands our deepest grief even when it can only be expressed through wordless tears. In every season of silent suffering, the Spirit intercedes for us and preserves our lives to build bridges of understanding for others.

Moment of Grace

Offer deep compassion to the younger version of yourself who wept in private because your emotions felt far too immense for human speech. You were never cold or deficient; your heart was simply holding a profound world that had not yet found its translation.

Today's Self-Reflection

1. Look back on the seasons where you felt completely unable to express the heaviness inside.
2. Write down one thing your younger self was feeling that she had no words for at the time.

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My Journal

1. If you wish, write about a time when your quietness, monotone voice, or neutral expression was misunderstood by those around you.
2. If you wish, explore how asking clarifying questions has served as a way to find safety and clarity in your relationships.

Prayer & Application

Prayer prompt: If prayer is part of your practice, thank God for hearing the prayers of your heart that have no spoken words. Rest in the assurance that the Spirit intercedes for you with groanings too deep for speech, holding every unspoken ache with tender understanding.

Practical takeaway: When you feel an intense internal swell that you cannot articulate, step away to a quiet space and give yourself permission to simply feel without forcing words or explanations.

Reading Circle Discussion

1. How have you experienced the gap between what you feel deeply on the inside and what shows on your face or in your tone?
2. In what ways have clarifying questions been misinterpreted in your life, and how might viewing them as a search for safety shift that narrative?
3. The manuscript reflects that the Spirit intercedes for us with groanings too deep for words; how does this truth comfort you when you lack the language for your emotional overload?

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: Scripture theme from the manuscript: the Spirit's intercession with groanings too deep for words (no verse reference cited in the manuscript). Source: Approved manuscript · Day 6 · pages 25–28.

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