Reflection on “The Promise of a Pencil” by Adam Braun

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There are so many brilliant minds in this world that are not able to reach their full potential due to a lack of stepping stones to get them there. When something negative happens to someone he can either make something great out of it or follow the path of negativity. People with outstanding intelligence can drop their brilliance level so quickly by being neutral in this age. Every single person has a will, but it is up to him to pursue it. Like Adam Braun states in his book, “I wanted to know what it’s like to be truly uncomfortable,” I am coming from the same position.

As a child I suffered abuse. Throughout my childhood and into the present day I deal with daily anxiety. I have been diagnosed with Post Traumatic Stress Disorder and several panic disorders along with facing depression. During my teenage years I felt hopeless and very lost. I knew my voice did not matter. What I did not know was that my voice, a single voice, would empower me greatly. I have strength, I have knowledge, and a voice. These three things are very important to understand and have in life. Where there is a will, there is a way. The only thing that can stop a human from doing what he want is, in fact, himself. I now understand that.

Roughly two years ago I told someone what I had gone through and experienced. The period of trials and questioning was terrifying, and I hated these people doing their jobs. I regretted saying anything because I knew I was not safe, and I had no one to protect me like I always felt I needed. After I was told the man who assaulted me for several years was freed from
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prison, something inside of me changed. I became very demanding and encouraged. I knew that the streets were not where he belonged, around other beings. Despite my heavy efforts of trying to get him the punishment he deserved I realized I was just punishing myself. I am studying psychology and am eventually going to become a social worker. I understand very clearly that everything happens for a reason and that I suffered to provide help for others. Helping others has always been a passion of mine. I am now able to understand and have confidence that I am able to provide a greater opportunity for others. I am going to help children who are like I once was.

Adam Braun also states “the real voyage of discovery consists not in seeking new landscapes but in having new eyes.” This book truly amazed me. I know I have a voice, but what Adam did was unbelievable. He started something out of nothing. I was given something negative, but I am turning it around into something meaningful, magnificent, and positive. This book has prepared me in many ways as now I am more open to learn and accept.

Since reading this book I am getting involved in different groups surrounding mental health. Braun taught me I could do it; I could create something bigger than I. That is exactly what I am now doing. Thanks to Adam Braun, I am now in a new light and ready to create something that matters.