What Is the Spoon Theory?

by NEWLIFEOUTLOOK TEAM

Understanding the Spoon Theory

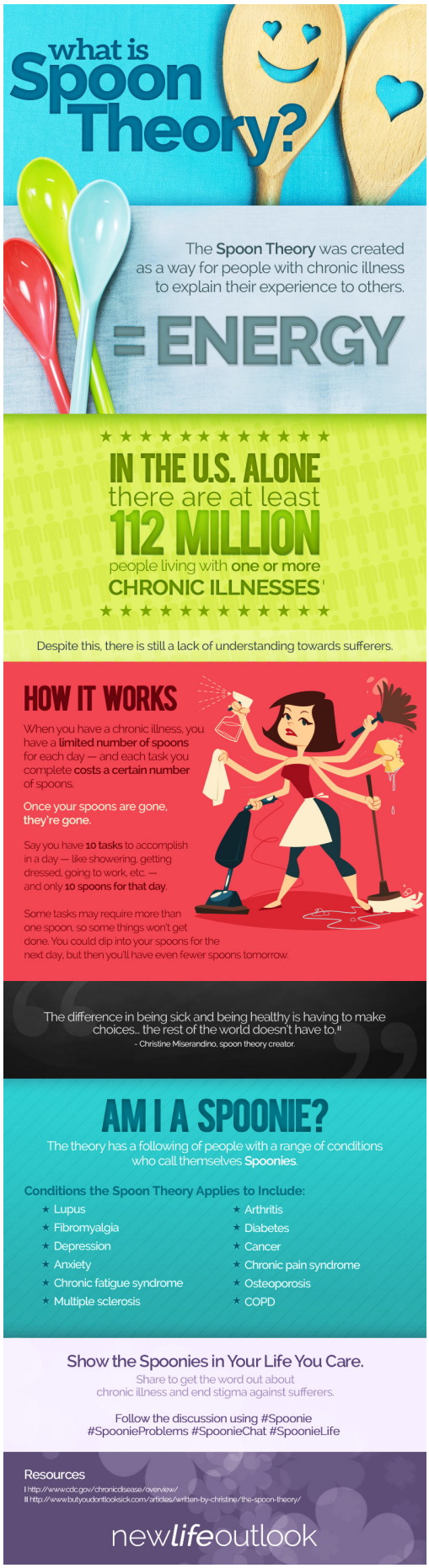
For the millions of people in the world living with chronic illness, it can be difficult to explain your condition to others. This is the everyday frustration of a chronic illness sufferer: not being understood.

For Christine Miserandino, it was her best friend not understanding her experience having lupus that drove her to come up with the spoon theory.

Using spoons as a metaphor for energy, she explained each activity she completes in a day “costs” a certain amount of spoons. Once she runs out, she has no more energy left for that day.

As the theory goes, a typical “healthy” person has a high or unlimited amount of spoons and doesn’t have to worry about running out. However, those with chronic illness must pace themselves and plan their day according to the amount of spoons they hold.

Chronic illness sufferers across the globe are now using Christine’s theory to help others better understand what they’re going through.


what is Spoon Theory?
The Spoon Theory was created as a way for people with chronic illness to explain their experience to others.
= ENERGY
IN THE U.S. ALONE there are at least 112 MILLION people living with one or more CHRONIC ILLNESSES[1]
Despite this, there is still a lack of understanding towards sufferers.
HOW IT WORKS
When you have a chronic illness, you have a limited number of spoons for each day — and each task you complete costs a certain number of spoons.
Once your spoons are gone, they're gone.
Say you have 10 tasks to accomplish in a day — like showering, getting dressed, going to work, etc. — and only 10 spoons for that day.
Some tasks may require more than one spoon, so some things won't get done. You could dip into your spoons for the next day, but then you'll have even fewer spoons tomorrow.
The difference in being sick and being healthy is having to make choices... the rest of the world doesn't have to.[II]
- Christine Miserandino, spoon theory creator.
AM I A SPOONIE?
The theory has a following of people with a range of conditions who call themselves Spoonies.
Conditions the Spoon Theory Applies to Include:
Lupus
Fibromyalgia
Depression
Anxiety
Chronic fatigue syndrome
Multiple sclerosis
Arthritis
Diabetes
Cancer
Chronic pain syndrome
Osteoporosis
COPD
Show the Spoonies in Your Life You Care.
Share to get the word out about chronic illness and end stigma against sufferers.
Follow the discussion using #Spoonie #SpoonieProblems #SpoonieChat #SpoonieLife
Resources
I http://www.cdc.gov/chronicdisease/overview/
II http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/
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