Multiple Sclerosis and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

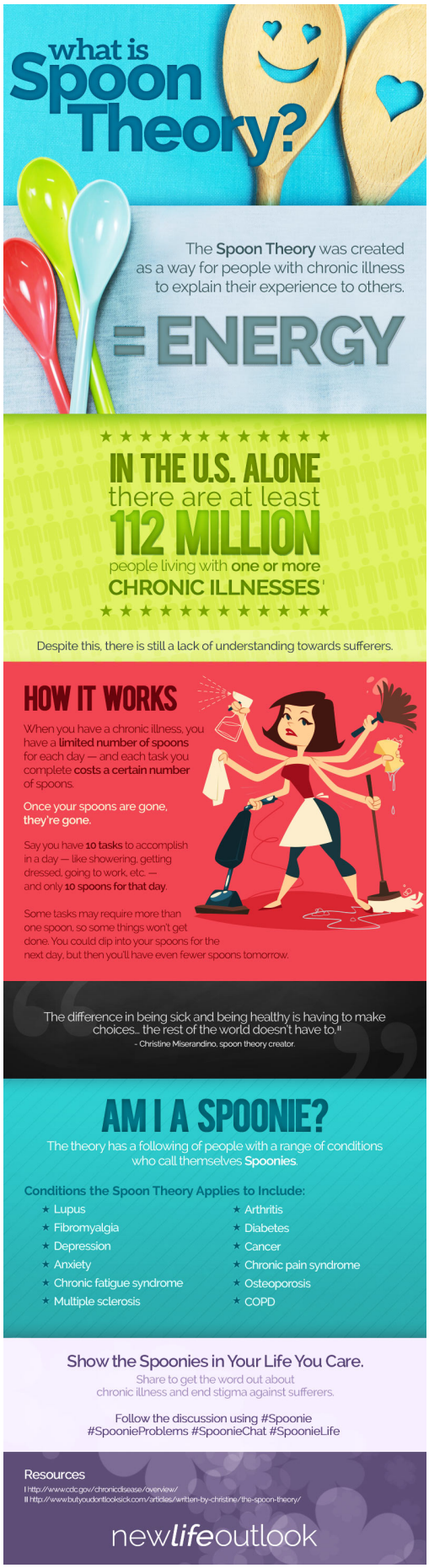
Understanding the Spoon Theory

Living with a chronic illness like multiple sclerosis (MS) isn't easy — especially when others lack understanding for you. Explaining your experiences to others is just as tough — so tough that one chronic illness sufferer came up with a metaphor to help others understand.

Lupus sufferer Christine Miserandino came up with the spoon theory to help explain what she was going through to her best friend. Using spoons to represent energy, she explained that each task completed in a day "costs" a certain amount of spoons.

Where healthy people have a high or unlimited amount of spoons, chronic illness sufferers have a set number in a day — once they're gone, they're gone. This is how chronic illness sufferers have come to explain their day-to-day experiences to others.

Spoon theory followers refer to themselves as "Spoonies," and connect with each other and share experiences through social media. Read on to learn more and join the conversation!


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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