

## THE SPOONS THEORY

The term spoons in this sense was coined by Christine Miserandino in 2003 in her essay "The Spoon Theory".

The essay describes a conversation between Miserandino and a friend. The discussion was initiated by a question from the friend in which she asked about what having lupus feels like. The essay then describes the actions of Miserandino, who took spoons from nearby tables to use as a visual aid.

She handed her friend twelve spoons and asked her to describe the events of a typical day, taking a spoon away for each activity.

In this way, she demonstrated that her spoons, or units of energy, must be rationed to avoid running out before the end of the day.

Miserandino also asserted that it is possible to exceed one's daily limit, but that doing so means borrowing from the future and may result in not having enough spoons the next day. Miserandino suggested that spoon theory can be helpful for explaining the experience of living with any disease or illness.

Source: Wikipedia

*The original and copyright protected story that Christine Miserandino described to her friend can be found at*

<https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

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