

The Spoon Theory

DYSAUTONOMIA INTERNATIONAL



KNOWLEDGE

ADVOCACY

ADVANCEMENT

The Spoon Theory is a creative way to explain to healthy friends and family what it's like living with a chronic illness. Dysautonomia patients often have limited energy, represented by spoons. Doing too much in one day can leave you short on spoons the next day.

If you only had 12 spoons per day, how would you use them? Take away 1 spoon if you didn't sleep well last night, forgot to take your meds, or skipped a meal. Take away 4 spoons if you have a cold.



get out of bed



get dressed



take pills



watch TV



bathe



style hair



surf the internet



read/study



make & eat a meal



make plans & socialize



light housework



drive somewhere



go to work/school



go shopping



go to the doctor



exercise

The Spoon Theory was written by Christine Miserando, which you can check out on her website www.butyoudontlooksick.com.

www.dysautonomiainternational.org

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