Using the Spoon Theory to Explain Diabetes

by NEWLIFEOUTLOOK TEAM

Understanding the Spoon Theory

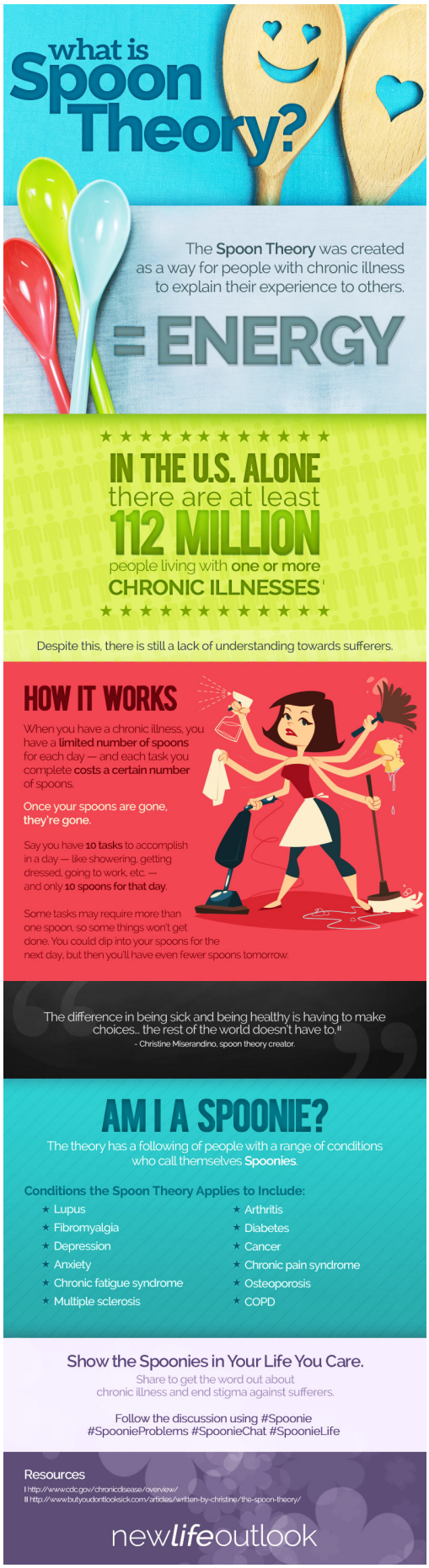
For Christine Miserandino, it took her friend not understanding her experience having lupus to come up with the now-famous explanation used by chronic illness warriors around the world to explain their illnesses: the spoon theory.

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

Chronic illness sufferers across the globe, including those with type 2 diabetes, are now using Christine’s theory to help others better understand what they’re going through.

The spoon theory has impacted so many people that there is now a following of chronic illness sufferers (who refer to themselves as “Spoonies”) who connect with each other and share experiences online.

Read on to learn more about the spoon theory and how to 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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