

UNCATEGORIZED

## The Spoon Theory

February 12, 2017 saneinchronicpain

A chronically ill woman, Christine Miserandino, created the spoon theory. She was eating with her friend when she had to explain what daily life was like for her having a chronic illness. Being in a restaurant, Christine grabbed spoons. She then explained that her friend was going to go through her day, but every action would cost spoons and there was only a certain amount per day. So as she began describing her day she was using spoons left and right and had not even left the house yet. Christine then explained that she could dip into tomorrows spoons, but that it would mean she had less the next day. Finally Christine had found a way to explain to a normie what our lives are like and it resonated deeply. After sharing her theory with the chronically ill community they embraced it tightly and then became known as "spoonies."

Read the full explanation here:

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