

Application  
of

Unified  
cuttery  
theory



GUFTAGU  
COUNSELLING AND PSYCHOTHERAPY SERVICES

# Spoon theory

A spoon is our energy capacity, be it physical, mental or executive.

We wake with a limited number of spoons and it varies depending on our conditions and environment.

Every task through the day, we spend spoons. Eating a meal to taking a shower. Cost for each task varies from person to person, brushing teeth could be costly to some and trivial for another.

People with disabilities, neurodivergent population and other may have limited spoons, which means they have to pick between daily tasks.

Spoons are recovered by resting or sleeping, but sometimes low spoons make it difficult to sleep.

Identify what tasks are higher on priority, what we can ask others for help with; because asking for help is okay too.

# Fork theory

Forks are stressors, it can be something as simple as hunger or as complex as arguments. When we reach our limit, we cannot handle anymore, the very presence of one can limit our ability to recover spoons.

Everyone has a different capacity for fork numbers and size. Neurodivergent people have especially different forks, sometimes invisible. How an individual deals with and handles their forks varies too, some could deal with huge forks rather than smaller ones and vice versa.

More number of forks, limit our capacity for spoons, thereby, disabling us from functioning.; even the act of removing forks requires a lot of spoons.

For our wellbeing, we can sometimes abandon our situation and remove whatever fork we can. Take some rest after, you need the spoons to recover.

# Knife theory

A knife represents overspending energy from later reserves. When we get here, we are essentially pushing ourselves beyond our actual limit.

Sometimes we are out of spoons or filled with forks, we have only knives within reach. A knife can be spent in replacement of a spoon, but this may reduce our spoons' capacity for the following day. This is why knives hurt, may cause fatigue, perhaps lead to more forks as a barrier.

The after effects of spending too many knives is exhausting, it could take a couple of hours, a day or even a week.

People cannot always access knives, sometimes they cannot push themselves to this extent and we should respect that, it is harmful to do so.

If you can help someone with their forks, do so. Help them to avoid them reaching for their knives.

# Cutlery planner



*Today I have:*

\_\_\_\_\_ number of spoons

\_\_\_\_\_ number of forks

\_\_\_\_\_ number of knives



*Tasks for today:*

*Tasks on priority:*

