

Spoon Tracker Worksheet - Adults & Children



Counselling with Helen - Supporting Neurodivergent Wellbeing

This worksheet is based upon the **Spoon Theory**, which is a metaphor for energy levels. Each 'spoon' represents a unit of energy. Use this tracker to see how daily activities affect your energy, how you plan tasks and prioritise your self-care.

What is Spoon Theory?

- ★ The Spoon Theory was created by Christine Miserandino (2003) to explain what it's like to live with chronic illness, but also now widely used for Neurodiverse individuals too.
- ★ The "spoons" are a **metaphor for units of energy**. Each person starts the day with a certain number of spoons.
- ★ Every task, such as getting dressed, commuting, socialising, working etc, **costs spoons**.

"Spoons" are finite: once you run out, you need rest and recovery to get more.

How It Applies to Neurodiverse Adults & Children

- ★ **Energy is limited** - Masking, sensory overload, socialising and executive function tasks can deplete spoons quickly.
- ★ **Not all tasks cost the same** - For example, social interaction might use more spoons for an Autistic adult than cooking a meal.
- ★ **Planning is key** - Knowing your daily spoon count can help you schedule tasks without burning out.
- ★ **Self-compassion matters** - Running out of spoons isn't laziness; it's a signal to rest.



Counselling with Helen – BACP Registered Member 405548

Practical Usage

- ✓ **Daily Spoon Inventory:** Write down how many spoons you start your day with. (N.B - 12 spoons are the average number to begin with, if you're feeling good. You may choose a lower number, say 6 or 8, if you're feeling less energised or poorly).
- ✓ **Subtract:** The number of spoons (energy) you feel each activity costs you.
- ✓ **Prioritisation:** Choose which tasks to spend your spoons on. Can the non-essential things wait?
- ✓ **Refill:** Rest, alone time, sensory breaks or preferred activities/special interests may help "recharge and replace" spoons.

Why it works

- ? Spoon Theory gives a **visual, tangible way to track energy**, communicate needs to others and validate your limits, which may be ideal for Neurodivergent Adults and Children who often struggle with invisible fatigue.

Daily Spoon Inventory

My Spoon Count at the start of Day   _____  

Time / Activity	Spoons Used	Remaining Spoons	Notes / Feelings



Self-Care & Spoon Refill

- ☺ What helped me refill my spoons today? _____
- ☺ What drained spoons the most? _____
- ☺ What could I change tomorrow to protect spoons? _____

Weekly Reflection (Optional)

- ☺ Peak energy days: _____
- ☺ Lowest energy days: _____
- ☺ Patterns I notice: _____



Counselling with Helen - Supporting Neurodivergent Wellbeing

 07770 915409

 Counselling-with-Helen@outlook.com

 www.Counselling-with-Helen.com



Counselling with Helen – BACP Registered Member 405548