

# 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.



## 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: \_\_\_\_\_



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