Using the Spoon Theory to Explain Cancer

by NEWLIFEOUTLOOK TEAM

Understanding the Spoon Theory

For the scores of people around the world living with illness, explaining their condition to others can be a difficult task. What if they don't understand or judge?

Luckily, the spoon theory can help you explain what it's like living with cancer in a way that makes people understand. Using simple pieces of cutlery to describe a complex illness may seem trivial, but chronic illness sufferers all around the world have found it incredibly useful.

In fact, the spoon theory now has a following of people who refer to themselves as "Spoonies." They connect with each other online and share their experiences with illness.

Learn more about the spoon theory below, then get out there and 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[I]

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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