



# Understanding Psoriasis and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

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## Understanding the Spoon Theory

Have you heard of the spoon theory? Have you ever used it to explain your psoriasis to people who don't understand your experiences?

You're certainly not alone. Many chronic illness sufferers across the globe use the spoon theory to explain what it's like living with chronic illness every day.

Christine Miserandino came up with the theory to help her friend understand her experiences. Using spoons as a metaphor for energy, she says every task she completes in a day "costs" a certain number of spoons — once she's out of spoons, she has no more energy left. Many psoriasis sufferers experience psoriasis and fatigue which can impact daily life and routines.

As the theory goes, a healthy person doesn't have to worry about running out, but people with chronic illness must plan their days so they don't run out of spoons.

# what is Spoon Theory?



The **Spoon Theory** was created as a way for people with chronic illness to explain their experience to others.

## = ENERGY

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**IN THE U.S. ALONE**  
there are at least  
**112 MILLION**  
people living with one or more  
**CHRONIC ILLNESSES**<sup>1</sup>

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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.<sup>2</sup>

- 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                    | ★ Arthritis             |
| ★ Fibromyalgia             | ★ Diabetes              |
| ★ Depression               | ★ Cancer                |
| ★ Anxiety                  | ★ Chronic pain syndrome |
| ★ Chronic fatigue syndrome | ★ Osteoporosis          |
| ★ Multiple sclerosis       | ★ 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

- 1 <http://www.cdc.gov/chronicdisease/overview/>  
2 <http://www.butyoudontlookick.com/articles/written-by-christine/the-spoon-theory/>

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