COPD and the Spoon Theory

by NEWLIFEOUTLOOK TEAM

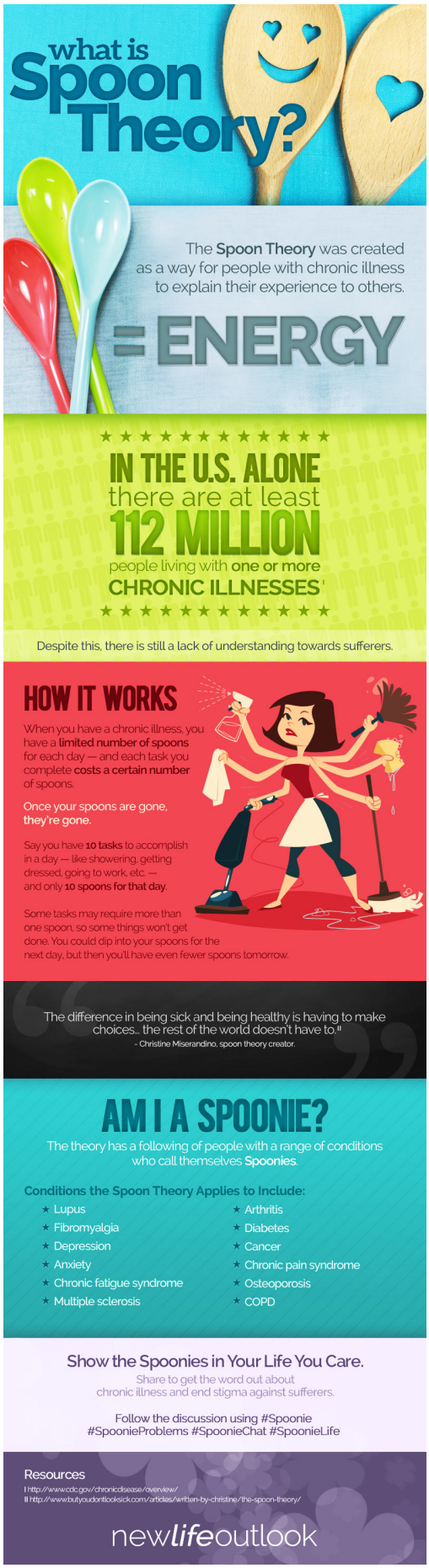
Understanding the Spoon Theory

Living with an invisible illness leads to a lot of frustrations for chronic illness sufferers. If you have chronic obstructive pulmonary disease (COPD), you're likely an expert at explaining your condition to others — especially people who don't understand why you can't do everything you want to do.

Lupus sufferer Christine Miserandino came up with the spoon theory as a way to explain her condition to her best friend. Using spoons as a metaphor for energy, she demonstrated how each task in a day "costs" a spoon.

Once these spoons are gone, they're gone — there is no more energy left for your day. Most healthy people have unlimited spoons, but people with COPD must ration theirs.

Chronic illness sufferers everywhere use Miserandino's theory to help people understand them, and to connect with other sufferers — calling themselves "Spoonies."


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[1]
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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