What costs me 10+ spoons?
(E.g. going to a protest, having a difficult conversation, moving, etc.)

More questions on the flip side of the zine

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What costs me 7-10 spoons?
(E.g. applying to a new job, getting to work or school, working on a project etc)

How many spoons do I have?

making sense of spoon theory

What gives me spoons?
What costs me spoons?

Capacity awareness
Journal zine

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What costs me 4-6 spoons?
(E.g. washing up, organizing a space, basic chores, medium-low tasks etc)

What is spoon theory?

"Spoon Theory" is a metaphor developed by and for disabled people to describe capacity. Christine Miserandino's 2003 essay "The Spoon Theory," published on ButYouDontLookSick.com, coined the term. Essentially, Miserandino used 'spoons' as measurement for how much energy they have most days. Disabled people, sick people, or people who face discrimination, marginalization or other social hardships might start the day off with fewer spoons, or simple things might take more spoons to accomplish. Spoon theory is a useful concept many people use to describe their daily capacity.

What costs me 1-3 spoons?
(E.g. making cup of tea, going for walk, watering plants, low stakes things etc)

A model for understanding spoon theory

The following pages in this side of the zine asks us to consider how many 'spoons' different actions 'cost'. I often encourage people who are trying to better understand their capacity and energy to write out how many spoons actions cost as well as how many spoons actions give. How many spoons actions can give us is a perspective I have benefited from in reinterpreting spoon theory. While my understanding of spoon theory's origins were that we have a finite amount of spoons that we spend throughout a day, I find a more nuanced approach involves appreciating both the cost and gain of energy (spoons). So I encourage writing out or at least considering the cost-benefit ratio of actions-to-spoons throughout this zine.

What gives me spoons?

making sense of spoon theory

What gives me spoons?

What costs me spoons?

Capacity awareness

Journal zine

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What gives me 1-3 spoons?

(E.g. enjoying a cup of tea, going for walk, watering plants, low stakes things etc)

What gives me 4-6 spoons?

(E.g. enjoying a nice meal, catching up with a friend, getting a new outfit)

What gives me 7-10 spoons?

(E.g. going to the talkies, finishing up a project, chatting with a therapist etc)

What gives me 10+ spoons?

(E.g. going to a concert, having a great date, a successful union organizing event, etc.)

how does knowing more about my relationship to spoons improve my quality of life and how do I assign value to my capacity?

how does knowing my spoon exchange ratios help inform my boundaries?

what do I want my friends and loved ones to know about my spoons and capacity given these lists?