



THE SPOON THEORY

a metaphor that illustrates the limitations and forced planning ahead when energy is expended for people with an invisible illness

People who look "fine" might be using ALL their energy to fake it. Because they really, really, WANT to spend time with you and not seem flaky.

But, it costs dearly.

If you hear people talking about "how many spoons they have left", they are referring to being close to tapping out in a way that embarrasses them. They don't want to be the center of this attention. Love them best by rolling with it...