

"SPOONIE" COMES FROM A DISABILITY METAPHOR FIRST DESCRIBED IN A 2003 ESSAY BY CHRISTINE MISERANDINO CALLED "THE SPOON THEORY" IN WHICH SHE TELLS THE STORY OF TRYING TO EXPLAIN TO A FRIEND WHAT IT FEELS LIKE TO HAVE LUPUS, USING SPOONS AS VISUAL REPRESENTATION OF HER DAILY ENERGY. SHE ACTUALLY HANDED HER FRIEND A BOUQUET OF SPOONS AND SAID:



"MOST PEOPLE START THE DAY WITH UNLIMITED AMOUNTS OF POSSIBILITIES -ENERGY TO DO WHATEVER THEY DESIRE... FOR THE MOST PART, THEY DO NOT NEED TO WORRY ABOUT THE EFFECTS OF THEIR ACTIONS... I WANTED SOMETHING FOR HER TO ACTUALLY HOLD, FOR ME TO THEN TAKE AWAY. IF I WAS IN CONTROL OF TAKING AWAY THE SPOONS, THEN SHE WOULD KNOW WHAT IT FEELS LIKE TO HAVE SOMETHING ELSE BEING IN CONTROL."

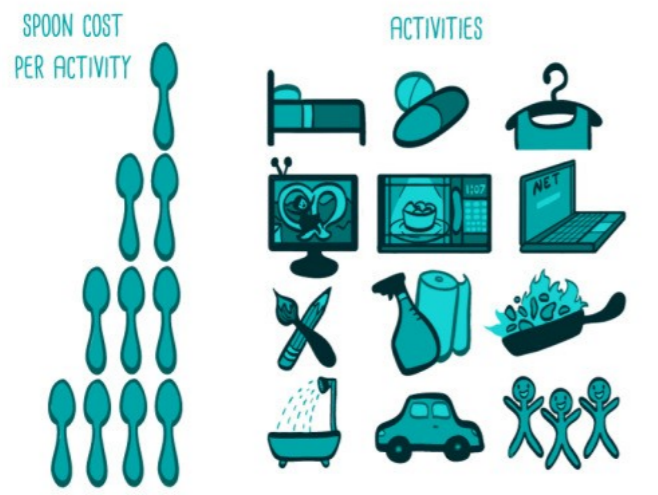


Microaggression is a term used for commonplace daily verbal, behavioral or environmental slights, whether intentional or unintentional, that communicate hostile, derogatory, or negative attitudes toward stigmatized or culturally marginalized groups



# Micro Aggressions

## HOW SPOON THEORY WORKS = A UNIT OF ENERGY THAT A PERSON CAN USE SAFELY



TODAY A "SPOONIE" IS SOMEONE WITH A CONDITION THAT CAUSES LIMITED AMOUNTS OF PHYSICAL AND/OR COGNITIVE ENERGY, SUCH AS CHRONIC ILLNESS, MENTAL ILLNESS, OR DISABILITY. IT'S ALSO USED BY NEURODIVERGENTS WHO DEAL WITH PERSISTANT ENERGY LIMITATIONS.



WHY USE IT? I'LL LET THIS QUOTE BY A DOCTOR WHO WAS ORIGINALLY USING BUCKETS OF WATER(???) WITH PATIENTS EXPLAIN.

"USING ANALOGIES AND/OR METAPHORS... CAN HELP CLINICIANS AND PATIENTS' LOVED ONES GET A BETTER UNDERSTANDING OF THE IMPACT OF SPECIFIC ACTIVITIES ON A PATIENT." JOHN HOPKINS NEUROLOGIST SCOTT NEWSOME, DO ON THE TOPIC OF "SPOON THEORY"

NOT ALL OF US ARE LITERALLY MEASURING ENERGY IN TERMS OF SPOONS, BUT HAVING SUCH A METAPHOR IS EXTREMELY HELPFUL.



EVERY ONCE IN A WHILE.

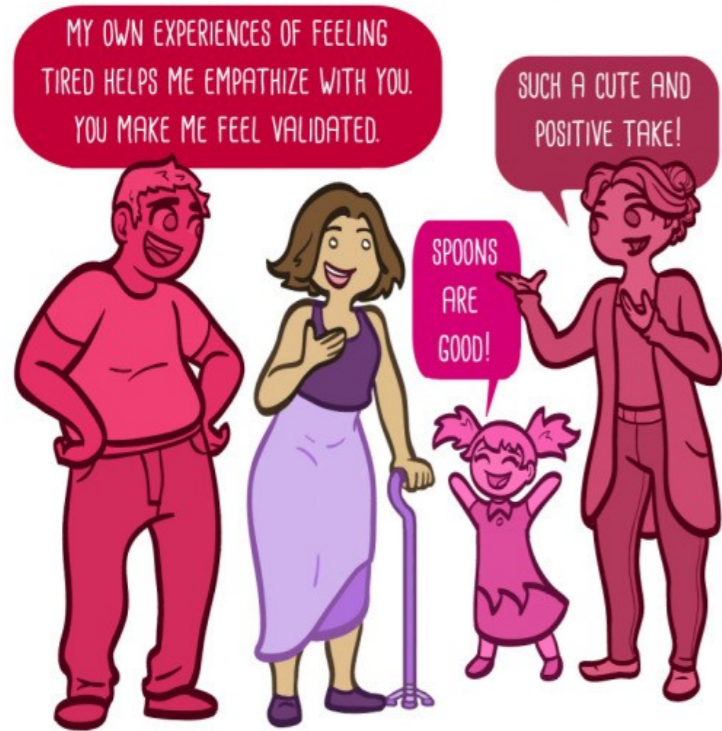
micro aggressions are things people do that irritate me, every single suggestion takes some energy

<https://slowlymadeart.tumblr.com/post/186684490262/image-1-description-a-crowd-of-people-all>



<https://www.youtube.com/watch?v=hDd3bzA7450>

"SPOONS" CAN BE A SILLY THING TO ASSOCIATE WITH POSSIBLY NOT HAVING ENOUGH ENERGY TO MANAGE BASIC SURVIVAL ACTIVITIES, WHICH IS ONE REASON SOME DON'T BOTHER USING THE TERM AT ALL. STILL, IT'S EASIER TO SAY, "I'M A SPOONIE!"



RATHER THAN BRING FOLK'S MOODS DOWN WITH-

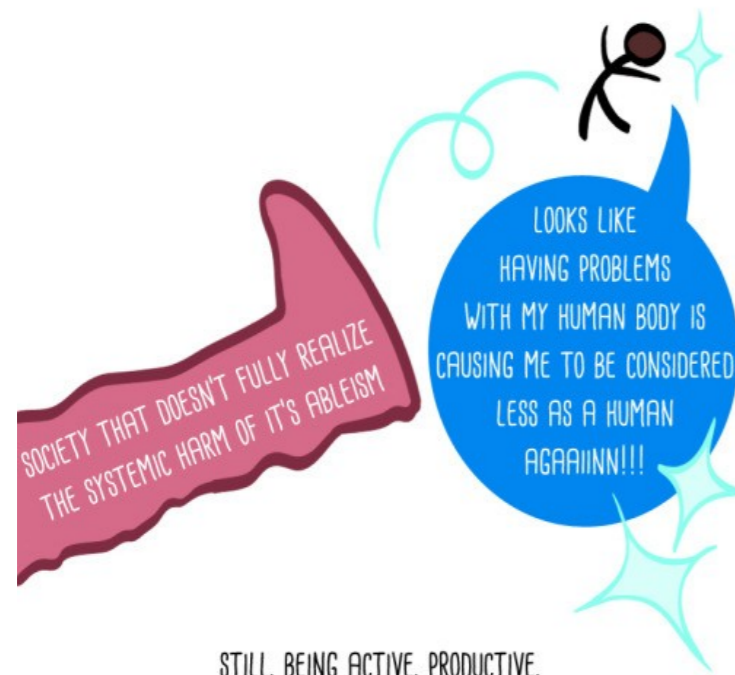
NOW, BEING DISABLED BY A CONDITION, ESPECIALLY ITS' FATIGUE ASPECT, DOESN'T MIX WELL WITH THE "HYPER-PRODUCTIVE" NARRATIVE THAT TODAY'S SOCIETY PUTS OUT.

MY BODY IS DISABLED! LIVING AN EXISTENCE WITH A CONDITION THAT IS UNPREDICTABLE AND INVISIBLE SOMETIMES BREAKS MY BRAIN! PLEASE DON'T SHUT ME OUT UNTIL I'M "FIXED" JUST RESPECT MY LIMITS.



YES. "SPOONIE" CAN AT TIMES FEEL DETACHED JUST ENOUGH FROM HARSH REALITY TO EASE PEOPLE'S DISCOMFORTS.

DISABLED COMMUNITIES ARE SOURCES OF SUPPORT, LOVE, GUIDENCE, AND EMPOWERMENT BUILT UPON COLLABORATION, INCLUSION, AND KNOWLEDGE. THEY HELP BRING TOGETHER PEOPLE WITH A WILLINGNESS TO LISTEN, BECAUSE THEY ALL KNOW THE VALUE IN FEELING HEARD.



STILL, BEING ACTIVE, PRODUCTIVE, AND ACCEPTED BY SOME FORM OF COMMUNITY, LAY THE FOUNDATIONS FOR SELF-CONFIDENCE AND A SENSE OF WORTH. CONTRIBUTING ONLINE IS ONE WAY EVEN THE MOST DEHABILITATED AMONG US HAVE MANAGED A VERISON OF THAT FOUNDATION.



SPOONIES ARE JUST ONE PART OF THIS COLLECTIVE, THEIR EFFORTS DISPLAYING THAT A CONDITION'S CONTROL ISN'T PROOF OF WEAKNESS, AS IT CAN EXIST EVEN ALONG SIDE MASSIVE AMOUNTS OF INNER STRENGTH.

I don't call myself a "spoonie", and I find it too weird to use it as a metaphor/euphemism, I use it with people that do identify as spoonie but with "normies" I do not use it and just say I am out of energy

PS. This was introduced by a chronic ill person, but is also used by the neuro diverse Others use forks, the knife has a special status, to me spoons turn into knives when I use energy that I do not have and damage myself, others use it to describe being cranky when out of energy. Getting micro-aggressions also take energy so if you are the unlucky person to annoy me when I am "out of spoons" I will use a knife and won't waste energy trying to be nice

These drawings en the left I do not like, they try to make me feel guilty for not being positive or cute. I do not need to ease other peoples discomforts about my lack of caring that I am disabled and assertively ignoring the emotions of sensitive saviours that can't accept having a disability is not horrible. I have never fitted in the "physical disability communities" so I am having fun in activist communities where I find individuals with partly overlapping frustrations