



The Spoon Theory (Gain Insight about Chronic Illness)

For years and years Christine Miserandino has faced the reality that most people just don't understand her situation: lupus, a devastating illness, takes a tremendous toll on her life. It's not like she has a *noticeable* disability – no red-tipped cane or guide dog, no prosthetic leg or artificial hand. She just feels awful and feels that way most of the time. Her hidden disability colors every decision she makes.

For years she's had little success whenever she's tried to explain her limitations to others. Then one day, sitting in a diner eating french fries with a friend, she hit on a brilliant explanation: "The Spoon Theory." Whether you yourself have a hidden disability or know someone who lives that struggle, this article is a must read.

**How do you relate to a friend with chronic illness?
This article will open your eyes.**

Christine writes in a clear, straight-forward style. No whining. Just clarity. Her words bring understanding. They help diminish the sense of isolation that pervades the lives of those who "don't look sick." Click on [The Spoon Theory](#) and read her words yourself. You'll be glad you did.

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