

— UNDERSTAND

The Spoon Theory *for neurodivergent brains.*

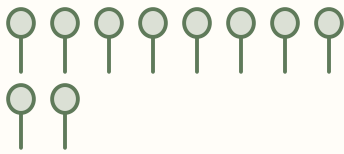
Energy is limited. Understanding is power.

Each “spoon” is a unit of energy you can use in a day. Once they’re gone, they’re gone. Neurodivergent brains spend more of them on things others find easy. **It’s not about doing less. It’s about spending smart.**

EVERYONE STARTS WITH A DIFFERENT NUMBER OF SPOONS

HIGH SPOON DAY

10 spoons



You feel capable, focused, and have more flexibility.

MODERATE DAY

5 spoons



You have enough for what’s essential.

LOW SPOON DAY

1–2 spoons



Survival mode. Basics only. Rest is not optional.

WHAT DEPLETES SPOONS

- Masking & people pleasing
- Sensory overload: lights, noise, crowds
- Planning, transitions, hard conversations
- Lack of sleep
- Emotional stress

WHAT RECHARGES THEM

- Rest & sleep
- Quiet time & low stimulation
- Time in nature
- Doing what brings you joy
- Unmasking & being yourself

AWARENESS

Notice where your energy goes each day.

VALIDATION

Honor your limits without shame or guilt.

BOUNDARIES

Say no to protect your spoons for what matters most.

PLANNING

Plan your day around your energy, not just your tasks.

You can’t pour from an empty cup. Honor your spoons.

- You are not lazy. You are managing a system most people don’t see.
- Rest isn’t lazy. It’s how your system refills.
- Don’t compare your spoons. Compare your today to your yesterday.
- Your energy is limited. Your worth is not.