

I read something on Facebook Friday that really struck a chord with me. Some of you may already know what I'm talking about: The Spoon Theory by Christine Miserandino.

Christine and her friend were sitting in a diner eating when her longtime friend asked her what it was like to be sick. What was it like — how did it feel — to have lupus.

After some thought, Christine gathered up all the spoons from their and nearby tables and gave them to her friend. She said, "These are your spoons. This is all you have."

She then proceeded to tell her friend that each of her daily activities were going to cost her a spoon — some more than one. When she was out of spoons, she was done for the day.

She carefully explained that she had to make choices every day to make sure she had enough spoons. Each choice had to be carefully thought out and a few extra spoons in reserve were helpful if she caught a cold or didn't feel well.

Simple acts like getting dressed had numerous factors — Were her fingers sore? No buttons. Did she have a fever? Wear something warm so she wouldn't have chills. Did she have bruises? Wear long sleeves.

It amazed me that this woman had to put so much thought in to actions I take for granted every day, all day.

I thought about this for a while and I guess we all have spoons, just different amounts. If we're healthy, we have quite a few more than someone who isn't.

There are days I start out with two fistfulls of spoons and others, not so much.

I think we have different bunches of spoons for different people and things. Some days I have more for work and less for home and family and vice versa. My husband, more often than not, gets gypped on the spoons. I'm pretty sure he has noticed this and lets it slide. He's my husband and he's awesome that way. I still try to keep a spoon tucked away for him and a few

others.

I'm not going to compare my spoons to someone who is battling lupus or cancer or some other debilitating disease. I have met people who have these challenges and at times, they still seem to have more spoons than I do. The human will is a mysterious and wondrous thing.

I'm not going to compare my spoons to someone who is juggling children, work, home, etc. We all have different spoons — not always better or worse — just different.

What I am going to do is examine my spoons. I think I'll find that I'm using some spoons for things that are unnecessary and perhaps selfish when they could be used for more worthwhile and even more satisfying endeavors.

So as you read this, I'll be counting my spoons. Hopefully I'll have just the right amount.