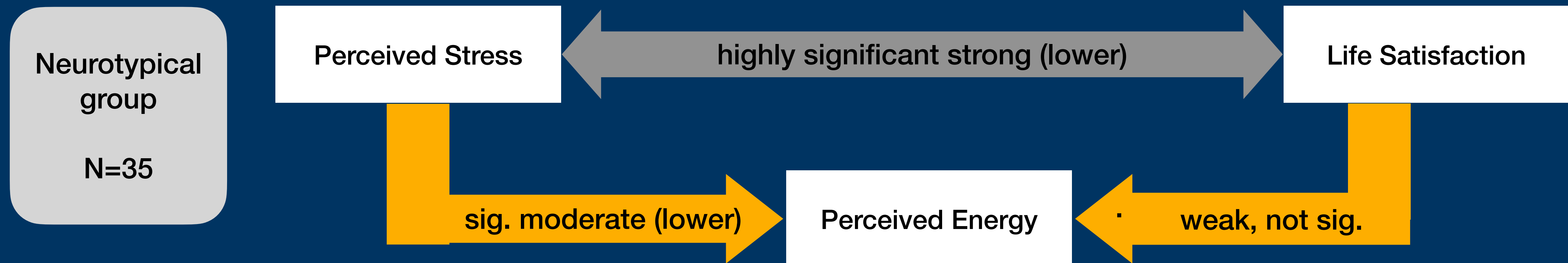
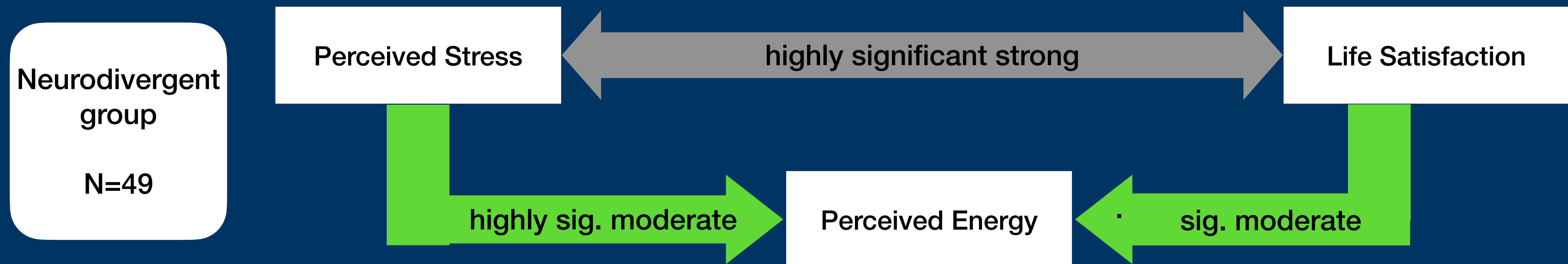


# A First Empirical Exploration of the Spoon Theory

## Correlation results:



➡ Among neurodivergent adults, their perceived energy level (or “spoons”) was significantly more correlated with their well-being (as measured with stress level and life satisfaction).