

## THE FIVE STAGES

The fear of the people when our country's corona count was 100, is not there when it is above 3,00,000 today.

The answer lies in the psychological view of man. There is a philosophy called the "Kubler Ross Model". That is, when a human goes through any tragedy, natural disaster, accident, they pass through 5 stages. They are...

1. Denial
2. Anger
3. Bargain
4. Depression
5. Acceptance





**Denial** - Refusal to believe such a thing ever happened. For example, we all denied that Corona will not come to us. Even if it comes, repeated denial that it will not spread to our place due to hot climatic conditions.



**Anger** - Getting angry. For example, anger over the loss of income and the loss of normal life due to lockdown.



**Bargain** - Inwardly lamenting that the Corona may not have come and there should not have been a lockdown at all.



**Depression** - It happened like this and goes in to mental pressure and depression.



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**Acceptance** - the last stage. The other way around is to accept it. Example: Get used to living with Corona.



These 5 levels are not limited to Corona. Applies to all the problems in human life.

### **What will the wise person do ?**

Going straight from the first level to the fifth level. He will set himself to make next steps to progress in life.

He who is trapped, in any stage, without reaching the fifth stage, remains in fear, disappointment and uncertainty of future.

The wiseman is one who initiates efforts and is mentally charged to reach level 5 as soon as possible and accepts reality for his own happiness and keeps faith in The Almighty.

**Make your day joyful**