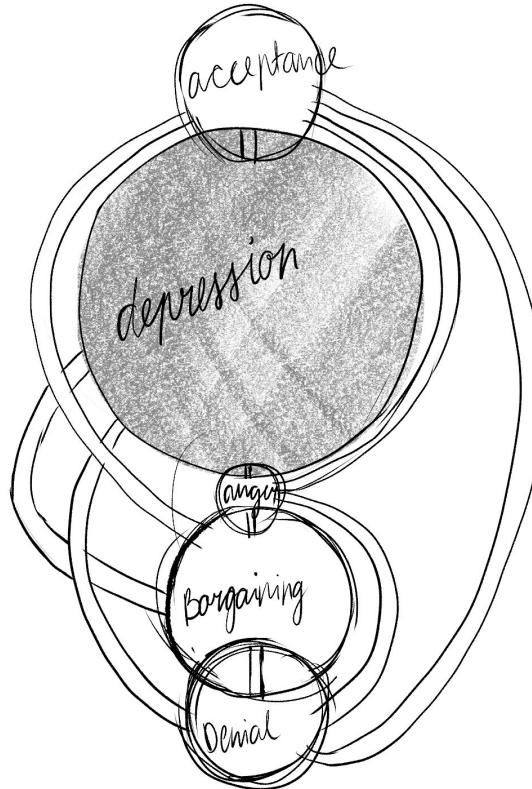


Virtuālā izstāde

The 5 steps - piec soļi

Tu esi nozieguma upuris kurš manevrē cauri 5 sēru stadijām. Caur šīm stadijām tu uzzini cik nopietna ir tava situācija un iemācies ar to sadzīvot.

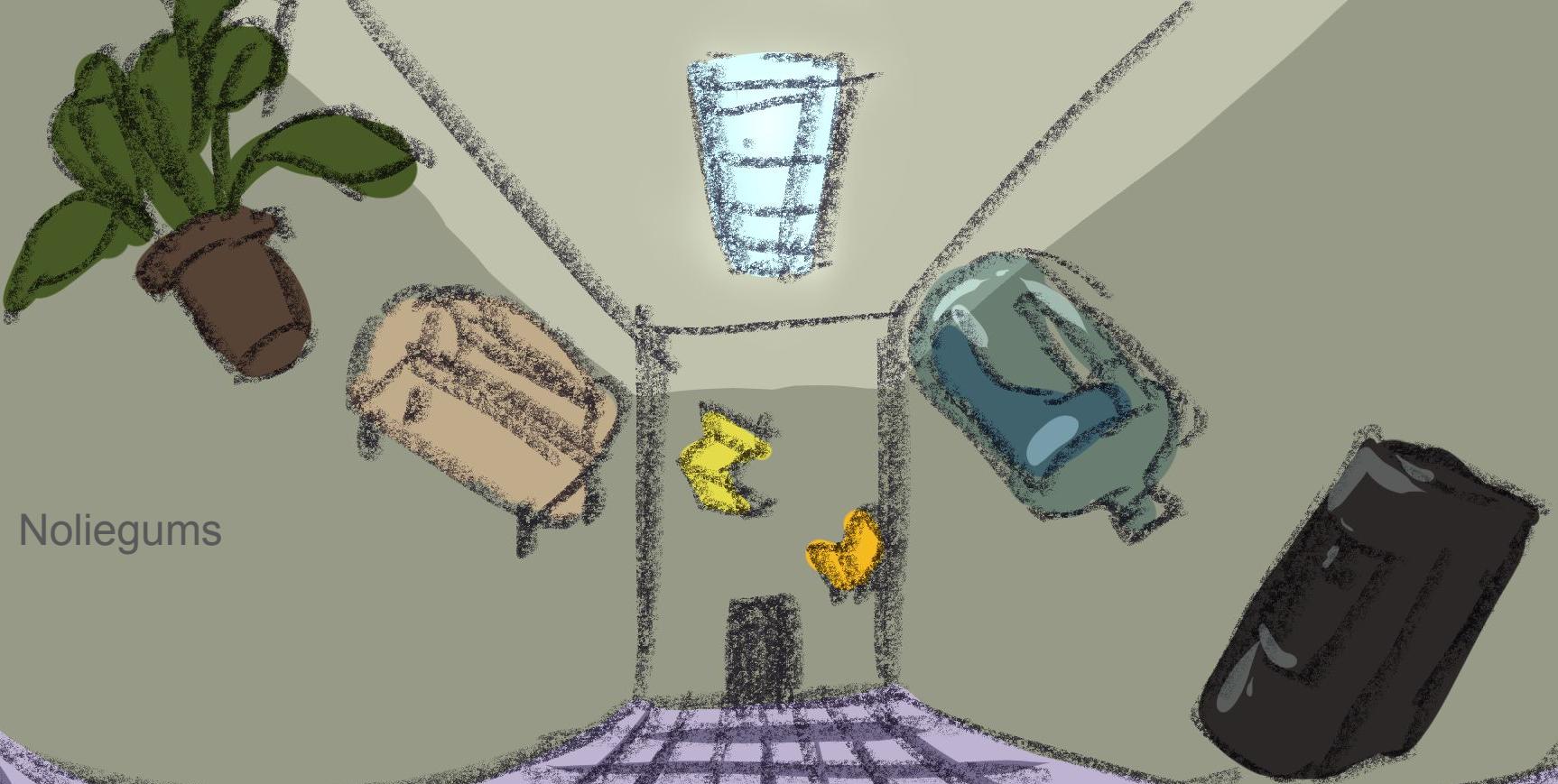
You are a victim and a survivor of a violent crime who's going through the five stages of grief. Throughout the stages you learn the severity of your situation and learn to let go.



Mērķis:

Dalīties savā pieredzē, cerībā, ka tas kādam dod mierinājumu.

Sharing my experience in hopes that it could give solace to someone else.



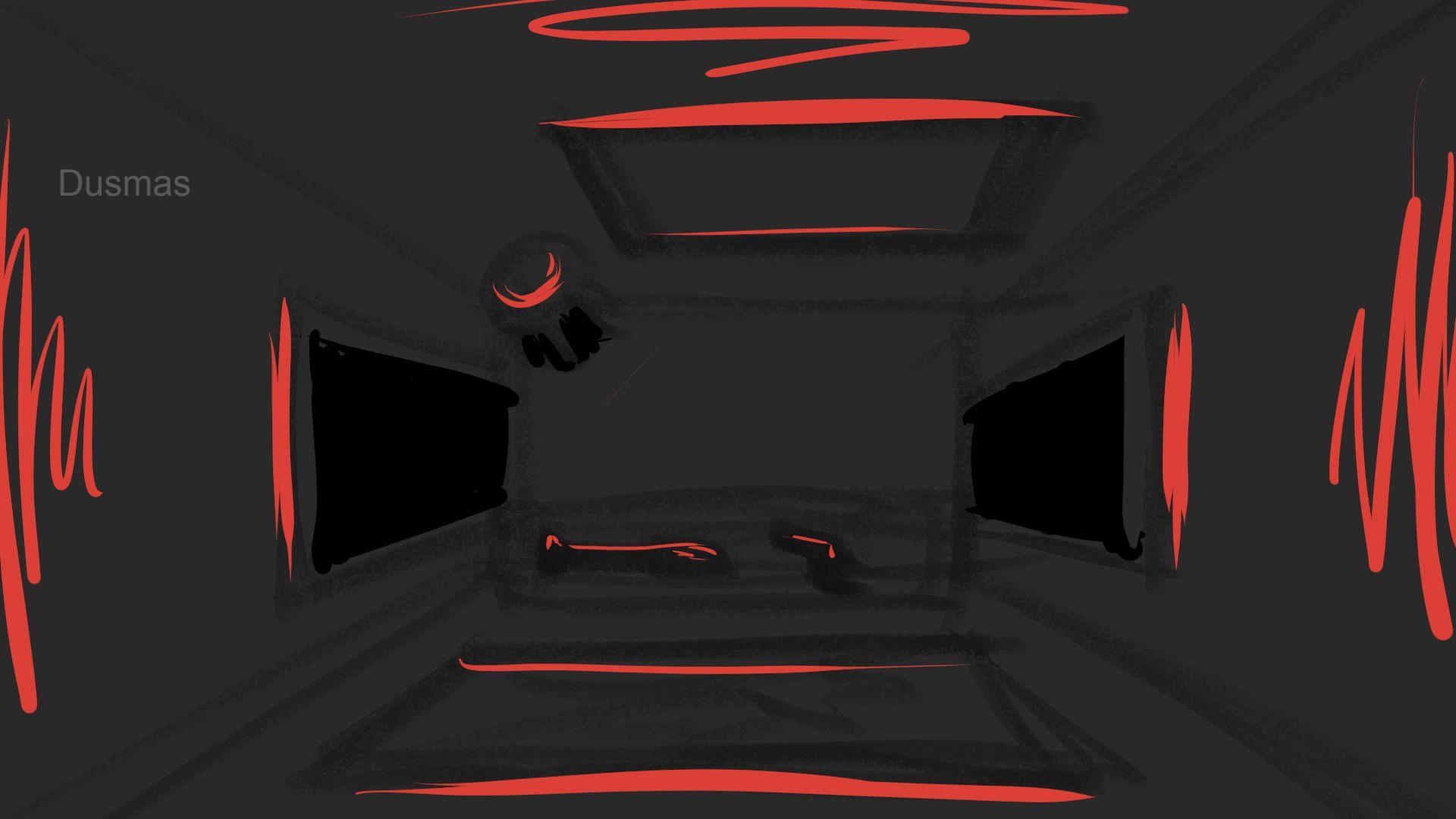
Noliegums



Why me? What could I have done differently? Would it be any different if I would have acted differently? What if I had...?

Kaulēšanās

Dusmas



Skumjas/depresija





Pieņemšana