



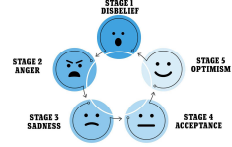
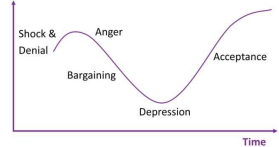
Developmental Stages of Style in Lockdown

Dr Dion Terrelonge
@thefashionpsychologist_



5 Emotional Stages of Lockdown


- Dr Anne Marie Collins, APPI (5 stages, 2020)
- Similar to the stages of grief

1. Disbelief




2. Anger



3. Sadness

"By day three of my wardrobe holiday, I felt terrible. Bar wearing the leggings to the gym, these are the clothes that I wear when I'm hungover or ill - so although I was neither, by putting on the clothes I was putting on the low mood that usually accompanied them, too."

- Charlie Gowans-Eglinton, Telegraph Senior Fashion Editor



4. Acceptance

