



MASTERING

CULTURAL DIFFERENCES

POSSIBLE SYMPTOMS OF CULTURE SHOCK

Overall Symptoms

Anxiety

Homesickness

Helplessness

Boredom

Fatigue

Confusion

Self-doubt

Feelings of inadequacy

Unexpected crying

Paranoia

Physical ailments and psychosomatic illnesses

Withdrawal Symptoms

Physical and/or psychological withdrawal

Spending excessive amounts of time reading

Need for excessive amounts of sleep

Only seeing other individual from the home country

Avoiding contact with host nationals

Short attention span

Diminished productivity

Loss of ability to work/study effectively

Quitting and returning to home country early

Aggressive Symptoms

Compulsive eating

Compulsive drinking

Exaggerated cleanliness

Irritability

Family tensions

Marital stress

Stereotyping

Hostility towards host nationals

Verbal aggressiveness

Physical aggressiveness

Deciding to stay but permanently hating the country and its people

Source: Survival Kit for Overseas Living, L. Robert Kohls