

Stages of Adjustment

STAGE	PERCEPTION	EMOTIONAL RANGE	BEHAVIOUR	INTERPRETATIONS
Introduction	Differences are intriguing	Excitement Fascination Playfulness	Observer of culture “The Photographer”	The individuals are insulated by their own culture. Differences as well as similarities provide rationalization for confirmation of status, role and identity.
Displacement	Differences jar	Confusion Loneliness Homesick Loss Inadequacy Loss of self-esteem	Fatigue Depression Withdrawal Hiding inadequacies Avoidance	Cultural differences begin to intrude. Growing awareness of being alone leads to loss of self-esteem. Individual experiences loss of cultural supports and misreads new cultural cues.
Arrival	Differences are rejected	Energy Anger Nervousness Anxiety Frustration	Rebellion Suspicion Opinionated talk Criticism and blame Preoccupation with likes and dislikes	Rejection of second culture causes preoccupations with likes and dislikes. Differences are projected. Negative behaviour, however, is a form of self-assertion and growing self-esteem.
Immersion	Differences and similarities are accepted	Self-assured Relaxed Empathetic	Competent in negotiating most situations and in surviving new experiences Able to support others	The individual is socially and linguistically capable of negotiating most new situations, and is assured of their ability to survive new experiences.
Integration	Differences and similarities are valued and significant	Trust Love Full range of the previous emotions	Effective Creative Able to exercise choice and responsibility for one’s own actions Solidarity	Social, psychological and cultural differences are accepted and enjoyed. The individual is capable of exercising choice and responsibility and able to create meaning for situations, which arise.