



Stages of cultural shock in the UK

The key to dealing with culture shock is to remember that this is a natural process that accompanies being in a new country. You need to give yourself time to adjust to your new environment and surroundings, remain positive and not become discouraged. These are the stages of culture shock in the UK.

Excitement

This is when you first arrive and being in Britain will seem very exciting, you feel stimulated and curious. The memories of your own culture still in your mind but you are enjoying being in a new place.

Confused

After a few months or maybe a few years you start seeing the cultural differences which make you feel confused, sometimes inadequate and isolated. You miss your family and friends back home.

Frustrated

Once you start knowing and understanding the cultural differences you may reject them creating in your anger and frustration and sometimes become hostile to the British culture. Your own cultural values and the British values are fighting in your head trying to make sense of the British life. Sometimes you will need to change your pattern of thinking and adapt a British one, "to see life with the British eyes".

Independent. In this stage you accept similarities and differences and this will make you feel confident as you become more familiar with British culture. In social, work or business you feel relaxed, enjoying and making choices according to your preferences and values and embracing British culture.

Others that you will experience and it will be in stages that can take many years to overcome are:

- The honeymoon stage "I love this country"
- Hostility and irritability "I hate this country"
- Gradual adjustment "I have to adapt to survive"
- Adaptation "I am learning to love this country"

Life coaching sessions can be taken at any time online or in Surrey.

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