

## **Culture shock**

Janet M. Bennett, "Transition Shock: Putting Culture Shock in Perspective," *Basic Concepts of Intercultural Communication: Selected Readings*, ed. Milton J. Bennett (Yarmouth, ME: Intercultural Press, 1998), 215-223.

### **Definitions:**

Transition shock: "a state of loss and disorientation precipitated by a change in one's familiar environment that requires adjustment" (216).

Culture shock: "transition shock in the context of an alien cultural frame of reference" (216).

### **The U.S. Navy's presentation of Clyde Sergeant's model** (quoted by J. Bennett, 219)

The four phases of the psychological aspects of environmental adjustment:

1. Fight
2. Flight
3. Filter
4. Flex