Assessing for Culture Shock

1. Do you feel strain from the effort to adapt to a new culture?
   Most of the time (2)    Occasionally (1)    Not at all (0)

2. Do you feel anxious or awkward when meeting local people?
   Most of the time (2)    Occasionally (1)    Not at all (0)

3. How often do you miss your family and friends back home?
   Most of the time (2)    Occasionally (1)    Not at all (0)

4. When talking to people, can you make sense of their gestures or facial expressions?
   Not at all (2)    Occasionally (1)    Most of the time (0)

5. Do you feel generally accepted by the local people in the new culture?
   No (2)    Not sure (1)    Yes (0)

6. Do you feel uncomfortable if people stare at you when you go out?
   Very uncomfortable (2)    Slightly uncomfortable (1)    Not at all (0)

7. Do you feel like you want to escape from your new environment altogether?
   Most of the time (2)    Occasionally (1)    Not at all (0)

8. When you go shopping do you feel that people may be trying to cheat you?
   Most of the time (2)    Occasionally (1)    Not at all (0)

9. Do you ever feel confused about your role or identity in the new culture?
   Most of the time (2)    Occasionally (1)    Not at all (0)

10. Are you finding it an effort to be polite to your hosts?
    Most of the time (2)    Occasionally (1)    Not at all (0)

11. Have you found things in your new environment shocking or disgusting?
    Many things (2)    A few things (1)    None (0)

12. Do you ever feel helpless or powerless when trying to cope with the new culture?
    Most of the time (2)    Occasionally (1)    Not at all (0)

TOTAL
