The U-Curve of Cultural Adjustment

The graph below shows the common phases of cultural adjustment that most people experience when moving to or visiting a new place.

- **Honeymoon phase**: Feelings of excitement and happiness, when everything is new and exciting and going well. This often occurs soon after arrival in a new place.

- **Culture shock phase**: Feelings of worry, confusion, and sometimes anger as the newcomer tries to function in an unfamiliar and often strange place.

- **Adjustment phase**: Feelings settle down as the newcomer comes out of culture shock and starts to feel more comfortable and confident in the new place.

- **Mastery phase**: A feeling of comfort with the new life and culture, although there are still difficult periods sometimes.

- **Level of Happiness**

- **Time in New Environment**