



Cross- Cultural Constructs

- **Cultural Identity-** A sense of belonging to a specific group within a larger context.
- **Acculturation** - the degree to which individuals relate or identify with dominant cultural lifestyles and beliefs
- **Acculturation Stress-** The cumulative tensions an individual or group experiences as a result of efforts to relate to, and identify with dominant culture
- **Cultural Privilege** - Rights and privileges derived from being born into a dominant group.
- **Cultural Encapsulation** - The belief that my world view is THE world view.
- **Historical Hostility & Fear** - People of one cultural group harboring negative emotions due to centuries of inequity.
- **Historical Guilt & Shame-** People of one cultural group harboring negative emotions about their own cultural group due to centuries of inequity.
- **Communalism vs. Individualism-** Focus on group dependence and interdependence vs. focus on independence and individual growth.
- **Body Contact/Eye Contact/ Posture** - Recognizing the differences in physical expression, and the meaning assigned to those behaviors.
- **Help Seeking Attitudes** - Individuals or groups differ in what they believe about asking for help. When you ask, who you ask, how you ask, and who does the asking are all culturally defined.
- **Perspectives on Time** - Orientation and responsiveness to issues of time may be culturally defined.
- **Locus of Control** - Individuals and groups differ in their experiences with issues of personal control and freedom over their own destinies.