

Breana Kelly
Abnormal Behavior

Things I've Learned

1. I've learned the differences between normal and abnormal behavior and that it's first practiced by most people, while the latter is practiced by a minority. The issues of abnormal psychology focus on our interest, demand our attention, and trigger our concern.
2. I've learned the meaning of maladaptiveness which is any behavior that is maladaptive for the individual or towards society. It interferes with our well-being and with our ability to enjoy our work and our relationships.
3. I've learned criteria of abnormal behavior which is in 3 categories of personally distressed, personally dysfunctional, and deviant.

Two things I'm curious about

1. How to approach someone who has an abnormality in the proper way.
2. Will the indicators always be easy or is it difficult depending on the person?

One thing I still don't understand

1. I still don't understand the meaning of violation of the standards of society. I feel it could be explained a little more thoroughly. I'm only confused by when the key term has society but the definition goes into culture.