My idea to go out and do something abnormal was to go to a public grocery store and sing Christmas carols in August, by myself. I drove up to the Smith’s in Provo and stood outside the entrance while I gave my best shot at three different songs. I am, by no means, a good singer so I can only imagine how that sounded to the public. Once I had finished the third song I got back in my car and promptly drove home in shame.

This was a unique experience to be sure. I wanted to really feel the impact of this abnormality, so I chose something that was really going to put me out of my comfort zone. I think I might have done too good a job at that. I might have been uncomfortable doing this but it was easy to tell that the people passing by were just as uncomfortable as well as very confused.

According to the textbook and the definitions of what is considered abnormal, there was a few things about what I did that definitely put it into that category. It says that “most definitions (of abnormality) have certain features in common, often called ‘the four Ds’: deviance, distress, dysfunction, and danger (Comer, 2018).” Going out and singing Christmas songs in August is absolutely deviant. It just is not something people do, especially all alone. The reason I was getting so many odd looks was because it was such a strange sight for someone to see. This act was definitely a cause of distress for me. I was horribly embarrassed by my actions and it is something that I never want to do again. I wouldn’t be surprised also if you got a similar response from the people who had to listen to me sing. They were definitely in distress themselves. The only solace I took was in knowing that I had control over my behavior and could stop anytime I wanted. Unfortunately, I wouldn’t say that this action fit the other two Ds. It didn’t cause any sort of dysfunction. I was more than able to continue on with my life in a normal healthy way afterwards. Thankfully, it caused no sort of danger to myself or anyone else around me. Overall, it was a fun experience that I am hoping I will never have to repeat, even though it did help me understand the definitions of abnormal behavior.

Reference Page

Comer, R. J., Comer, J. S. (2018). Abnormal Psychology. Worth Publishing.