For this journal activity, you will focus on reconstructing your view of what it means to be abnormal. Specifically, consider the notion of the humanity in abnormality. Then respond to the following prompts with a minimum of 3 to 5 sentences. Discuss what it means to view our individual differences through a non-pathologizing lens. [Insert text] In recent times, people have begun to adopt a non-clinical view of psychological conditions—as differences, not disorders. Discuss the costs and benefits of viewing psychological traits, symptoms, and conditions in this manner. [Insert text] Think of an abnormal behavior that may be viewed as a deficit or a weakness. Discuss how aspects of this behavior may be reframed and reapplied as a strength. [Insert text]