

# **Why I Have To Be Such A Douche**

by Jillian Bell  
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This paper is founded on the premise (however tenuously arrived upon) that I am a douche. To wit, that I am “such a douche”. The reader will kindly forgive the use of first person references; this style is uncharacteristic in a formal essay, but as will be seen through the argument, is necessary to answer the direct question. Therefore we begin this essay with the thesis firmly established, and the argument to be made is that I do in fact need to be “such a douche” on a regular basis.

The state of douchiness is uncontroversially an uncomfortable one in which to be. The douche knows they are being a douche. They know they are making unpopular decisions, saying unpopular things, and are generally pooping on everyone's parade. The douche is fully aware that their actions will be controversial and will cause discomfort. The true question then is “why?”.

First let us examine the definition of “douche”. The denotative meaning of “douche” is simply *a shower of water*. The word itself originates from the French, and is the origin of the English “duct”. It has also acquired the connotation of a specific sort of wash – namely, a method for or a device used for washing out the vagina, either for hygienic, medicinal, or contraceptive purposes. Colloquially, though, particularly in North America, the word “douche” has come to mean an obnoxious or contemptible person, most usually a man. (*Oxford English Dictionary*: OED. Web. 4 Sept 2014) Leaving out the gender discussion for the time being, we will take the meaning of “douche” in this paper as “an obnoxious or contemptible person” (ibid).

What then constitutes obnoxious behaviour? What makes a person contemptible? Certainly, someone with these traits would be exhibiting an unpleasant disposition. They may be offensive, shameful, or downright mean. Most people do not display these traits without some kind of stimulus. Most people – indeed most animals – exert a more calm, often pleasant demeanour. What could possibly provoke such reprehensible and deplorable behaviour?

Without delving too deeply into psychology and measurable tests of frustration and aggression as developed by Saul Rosenweig (a contemporary of B.F. Skinner), suffice it to say that all humans have a certain 'breaking point' when dealing with any situation. Either a conflict is resolved easily, which presents a minimum amount of frustration and ill feelings, or a conflict is drawn out, often *ad absurdum*, which produces anger, frustration, and feelings of impatience. Many times, these feelings are expressed as a kind of unpleasantness. A kind of obnoxiousness, if you will.

“Insanity is doing the same thing over and over again but expecting different results” (Brown, Rita Mae . *Sudden Death* New York: Bantam Books, 1984. Paperback). This quotation, often accredited to Albert Einstein, is a perfect example of the sort of conflict or behaviour that may cause someone to behave obnoxiously or contemptibly. Let us imagine that someone has asked for assistance, or has requested a task be completed. Let us further imagine that that task is not fully completed but is only partially finished. If that task is not completed or is partially completed, the result is undesirable. The person who has asked for that task to be done may continue to ask for the same thing, over and over, with the same (undesirable) result – thus leading to a kind of insanity - or must either complete the task themselves or accept that the task will simply not be completed or will not be completed properly.

Of course, to the person being tasked with a job, the solution is to simply complete the required work efficiently and in a timely manner. Once the work is completed, the task is done, and both parties may

return to their otherwise boring and unfulfilled lives. There is little room for conflict in this scenario. In other words, there is little room for “douchiness”.

If, on the other hand, the task continues to be unfinished, or finished in an unsavoury manner or with an unsavoury attitude, a kind of insanity does follow. This is the sort of insanity borne of frustration. A simple task – such as the act of putting one's hat in the same place when one removes it – goes undone. This sort of task is made not as a particular hardship intended for the hat's owner, but to in the end save time (as when the owner sets out from the home and is not delayed by having to search for his hat). If, however, the hat is left wherever it may fall, the hat's owner will not be able to find it and will become increasingly frustrated when he is short on time before leaving the house. In want of his hat, he will blame everyone in sight for not knowing where it is (including the cat), however, if he had simply put his hat away as requested, this frustration could easily have been avoided.

In this example, the person causing the ruckus over a lost cap could be described as exhibiting obnoxious or otherwise contemptible behaviour; we could say, in fact, he was being “a douche”. It is easy to see how frustration and anger can lead to obnoxiousness. But the question being discussed is not why just anyone may be “a douche”, rather, why **I** am such a douche.

In order to fully answer this question, let us examine the following case study:

A subject (let us for the sake of clarity call them *Subject A*) has requested a task be completed within a three-hour time frame. Let us say that task is to ensure that all sporting equipment is gathered together and is in one spot, ready to be taken to the upcoming sporting event. *Subject B* (a different subject) has ensured Subject A that this task has been completed. On the way to the sporting event, it is revealed that Subject B has not, in fact, gathered all required sporting equipment, and some equipment is missing. Subject B requests Subject A return to collect the required equipment. Subject A, exhibiting what some may consider “contempt”, refuses to do so, as Subject B had ample time to complete the requested task. Subject B then goes on to berate, plead with, insult, and blame Subject A for the equipment not being together. In this example, it could be argued that **both** Subject A and Subject B may have exhibited some degree of “douchiness”.

In the next example, Subject B has requested Subject A complete a form. Subject A has completed the form but has not signed it, pending the review of a third subject (*Subject C*). Subject B, who has completed one out of three simple tasks required before leaving the house, demands an answer as to why Subject A did not sign the form. Subject A answers that when she requested the form for her signature, it was not produced and therefore she did not sign it. It should be noted here that this is a fairly logical answer (“I could not sign the form because I did not have it to sign”). Subject B asks further questions: “why did you not sign the form when I gave it to you to sign?” - a legitimate question. Subject A replies: “I filled out the form, and told you I wished for Subject C to review it before signing; when I asked for the form again to sign it, you did not produce it.” Subject B becomes frustrated, belligerent, and upset. He continues to ask the same question, over and over. Subject A continues to provide the same answer. It becomes apparent that Subject B does not like Subject A's answer, and wishes the answer to be different. However, no matter how hard Subject B wishes, the answer remains the same.

In the above example, Subject A is accused of “being a douche”. It is clear to see that the frustration encountered by Subject B led to this accusation, and that subject A is frustrated by having to answer the

same question multiple times. It is very likely that Subject A lost their temper and acted like a douche.

Ultimately, the answer to “why am I such a douche” is this: because Subject A is frustrated. Subject A has taken the option of asking for something to be done once, maybe twice, and if it isn't done, has begun not asking further. This may result in sporting equipment not being double-checked within five minutes of leaving the house. It may result in forms not being signed. It may result in hats not being put away by Subject A. The bottom line here is that Subject A is a douche whenever Subject B opts not to complete tasks when asked.

Following is a list of things that Subject A has requested, which will not be repeated more than once, after which time Subject A washes their hands of responsibility in these tasks' completion:

- Ensuring sporting equipment is clean, dry, and collected together
- Ensuring lunches are made in a timely manner
- Ensuring laundry is brought down when Subject A is doing laundry (otherwise Subjects B, C, or D are welcome to do laundry)
- Ensuring clothing and other personal items are put away properly
- Ensuring chores are done in order to receive privileges, including payment for said chores
- Ensuring a good attitude is maintained at all times, in order to receive privileges like having access to a phone or computer

In conclusion, it is safe to say that I am Such A Douche because I am frustrated when things do not get done when requested, and then when consequences ensue, I am blamed for someone else's lack of attention. Furthermore, whenever someone asks the same question repeatedly and refuses to accept the answer, I am Such A Douche because that's just a douchey thing to do.

## Works Cited/Bibliography

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