



Unsolicited physical and mental health advice **by assholes, for assholes**

— Asswholery: An Introduction —

Welcome to Asswhole! This blog operates on the belief that everyone is an asshole in some way—to themselves, others, or both—and our team’s core mission is to inform the common asshole about **how to live, feel, and be better**. Some posts will be irrelevant to you, and others will (hopefully) resonate with you deeply.

Now... what is assholery, and what is *asswholery*? Since only one of the two terms exists in your standard dictionary, we’ll outline the differences here using a few examples. These examples don’t always apply—given context can change anything—but generally, **asswholery** focuses on **whole health** (physical, mental and emotional, relational, and spiritual), and it is both the result *and* the propellant of **assholery** reduction.

CAUSES		INHIBITS
ASSHOLERY TO YOURSELF	ASSHOLERY TO OTHERS	ASSWHOLERY
Solely subsisting on instant ramen if you can afford better	Lashing out at a loved one (or an annoying coworker)	Recognizing and forgiving flaws through self-compassion
Getting four hours of sleep a night	Making fun of someone for something they can’t control	Eating food and engaging in activities that make you feel energetic
Ignoring flaws or shaming yourself for them	Failing to put the shopping cart back	Being a good friend, partner, coworker, or community member
Downplaying or invalidating your wins	Speaking rudely or condescendingly to service workers	Finding something that makes you at least okay-ish with waking up every day
Tolerating disrespect and bullying from others, even family	Conversing to talk instead of conversing to listen	Engaging in reflection to figure out who you are and what you want right now
AMPLIFIES		REDUCES

We need to clarify that we’re only joking when we label you an asshole, though not when we label ourselves assholes—self awareness, baby. By our definition of “asshole,” **most people are!** Most people mistreat themselves in some way, neglecting at least one of the four dimensions of whole health we aim to cover. Moreover, people who are assholes to themselves are way more likely to be assholes to other people. Think about the classic “turns out my middle school bully called me a turd sock because he had a bad home life” stereotype. We’re going to deal in brash, unprofessional generalizations here, and this is perhaps the most important one of them all: **no one who mistreats others treats themselves well**, save rare exceptions like sadists and sociopaths (the Patrick Batemans of the world). In fact, treating others badly is a form of self-assholery—it chips away at your self-respect.

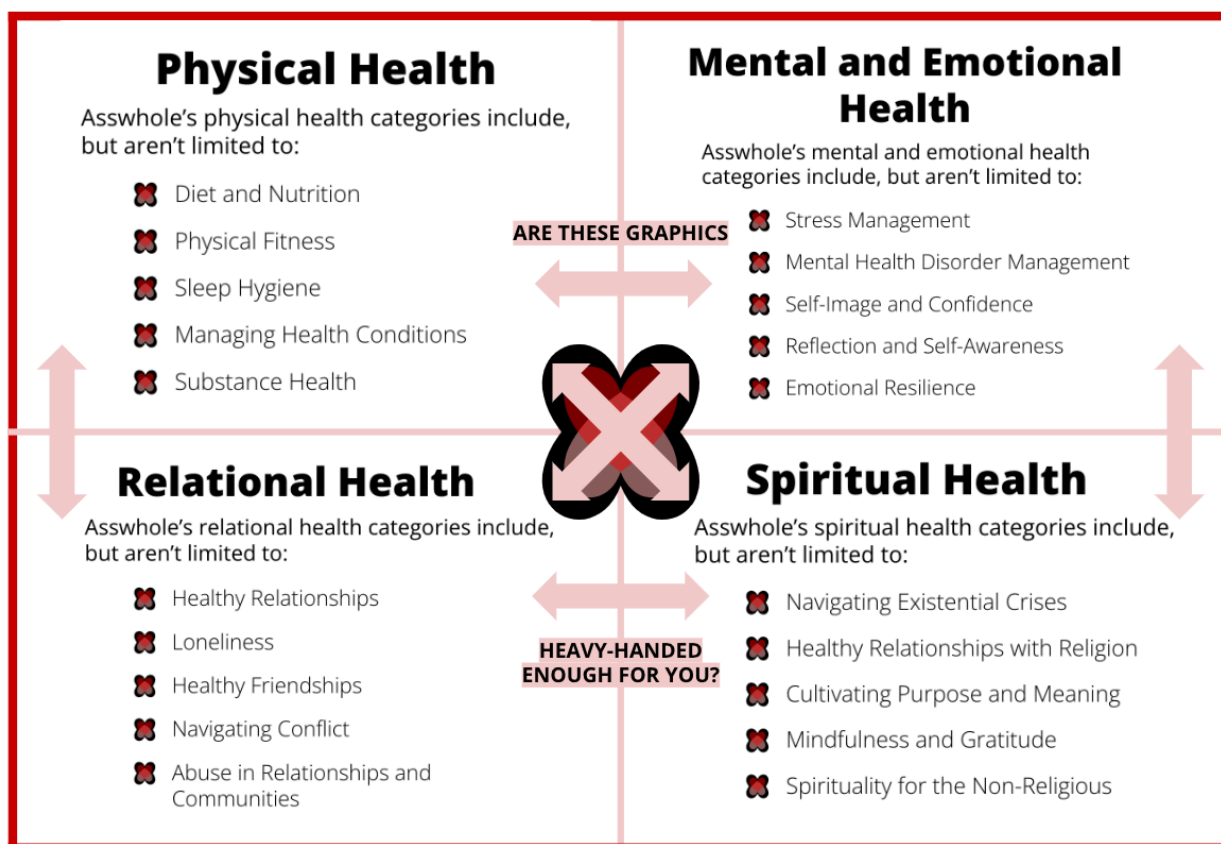
Also, our goal here isn’t to cleanse you of your asswholery. **It’ll always be there**—that’s part of being human, and accepting that actually makes you less of an asshole to yourself! By acknowledging that



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perfection is an impossible goal to attain, you're both being more forgiving of your assholish moments *and* giving yourself something to look forward to: **improvement**. Perfection is boring! Think of every movie, show, novel, manga, anime, or whatever else you've ever enjoyed: no good protagonist has ever been devoid of flaws and, well, **assholery**. Even the most likable ones. Flaws make us interesting, and they give us the chance to enjoy that deep sense of satisfaction only improvement and progression towards goals can provide.

The four dimensions of **whole health** we'll be talking about on Asswhole are outlined in this nifty little matrix here. Physical, mental and emotional, relational, and spiritual health are all **extremely interconnected**, and it's almost a crime to silo the concept of whole health into four boxes (since each one of these sub-topics could easily exist in another box). However, we're assholes, so we embrace committing crimes. By no means are we experts on any of these topics, but each member of our team has improved significantly in many of these realms. We're also committed to backing all of our claims up with veritable sources (not the pseudoscience your grandma reposts on Facebook—sorry, "Meta") and being transparent about those sources. Don't be afraid to fact-check us and keep us accountable! You'd be doing our platform a service by doing so.

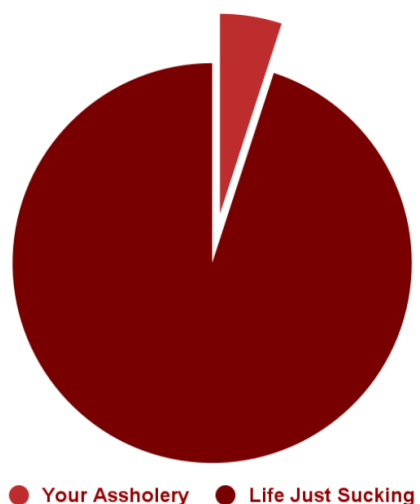




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Intros are best when kept short, so we'll end it with this: you may be an asshole (you could play a "guess how many jellybeans are in the jar" type game with how much we've said "asshole" in this post), but in no universe do we want to suggest that all of your problems, all of the obstacles you face, are your fault. In fact, there's a good chance that **most of your problems weren't caused by you**. We don't want anyone to blame themselves or their assholery for circumstances outside their control: social and political inequity, people you can't control, traits you can't control about yourself, or situations that rob you of your autonomy. **You may be an asshole, but life's a bigger one.**

The Source of Your Problems (Probably)



On that note, **don't lose hope!** Changing the aspects of life that you can control is empowering, and this ratio is dynamic—in other words, improving your whole health induces a positive feedback loop that increases your overall sphere of control. You won't become some omnipotent being playing life on creative mode, but you will be achieving perhaps the most worthwhile goal to achieve: **living, feeling, and being better**. We hope you thrive, and we hope our platform can help you get there, stay there, and—perhaps most importantly—get back there if you slip.

Have an amazing day, asshole.

*Cheers,
The Asswhole Team*