

# Therapy with Harry

## "Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,

This is part 3 of why Asians aren't all the same. Click here to read [part 1](#) and [part 2](#).

Today, I'm going to discuss the ONE THING that all Asians have in common. To do that, let's discuss the category of "Asian."



### What The Hell Is "Asian" Anyways?

"Asian" is a category that only applies to the diaspora. "Asian" is a way to categorize the Asians who live outside of Asia.

When you go to an Asian country, people don't identify as "Asian." They identify as their nationality (e.g. Cambodian), or identify as their ethnicity (e.g. Tibetan).

Just think about it for a second... people in North America don't identify as "North American." They see

themselves as Canadian, Cree, Tamil, Vietnamese, or the hyphenated Chinese-American.

There are certain implications for being labelled as "Asian." Our government and institutions treat us as "Asians." And the general public also treat us as "Asian."

To the government and general public, they don't really see a difference amongst Asians. Which is why during the COVID-19 pandemic, ALL ASIANS were targets of attacks, not just Chinese individuals.

Racists and white supremacy don't really care about the unique differences between Asians. They treat all of us shitty in their shitty, racist ways.

**So the ONE THING that all Asians in Canada and America experiences is anti-Asian racism. That's the one thing we all have in common.**

Of course, different Asian individuals will experience different intensities of racism, based on intersections of identities. Just think of a newcomer Asian who doesn't speak English, compared to an Asian who grew up in Canada.

But know that if you're Asian living in Canada and America, you experience some level of anti-Asian racism. And don't let white supremacy gaslight you by convincing you that you don't experience racism. Sometimes, it runs so deep that you won't even notice it (aka internalized racism).

Which is why it is important for us, as a community, to fight white supremacy.

Cause, fuck white supremacy.

So , how can your experience of racism help you connect with people around you? You can reply to this email. I read and respond to all your emails!



Take care, and keep being you!  
**Harry**

P.S. - Remember, don't let white supremacy gaslight you by telling you that you don't experience racism!

Therapy can help you explore deeper, to create the changes you want in your life. If you're curious about it, click the button below to book a 30-minute consultation.

[Book a Consultation](#)

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HarryAuTherapy.com

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