

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



Asian Heritage Month

This is the part 2 of celebrating Asian Heritage Month. You can read [part 1 here](#), where I talked about celebrating your true self.

Today, I want to talk about a topic that might be a source of endless shame and discomfort for some of us. That is, the idea of honouring our parents, ancestors, and culture.

This [tweet](#) by Adam Grant has gotten me thinking:

"Too many people spend their lives being dutiful descendants instead of good ancestors."

We all come from a long lineage of ancestors who did their best to adapt to their world. And even if you think about your parents who decided to immigrate here. They wanted a better life for themselves and for their future generation (you).

Just like you, they experienced racism and xenophobia themselves (amongst others things)...even if they don't talk about it. They struggled, so we can have the life that we have now.

Of course, things aren't perfect. We also inherit a whole host of intergenerational trauma...which your parents inherited from their parents, and so on and so forth.

Our parents adapted themselves to their environment. Just like how their parents did. And because each generation grew up in a different environment and context, they all did things a little (or a lot) differently.

And for us, the environment we grew up in is also different from our parents, our grandparents, and our ancestors. And for me, I would like to think that the best way **to honour the resilience of our parents and ancestors is to do what they did...adapt, and live the best life we can live**. And by extension, become the next in line as the resilient ancestor who shifted from surviving to thriving.

And this is not saying that we should leave our parents behind. Some may decide that. And for others, we want to maintain a relationship with our parents (however complicated the relationship is). And the work is to rebuild our relationships with our parents as the person that we are becoming.

And just so you know, you don't need to have children to become ancestors. You might be a godparent, a mentor, or even just someone who some others might look up to. You being you and thriving has an impact on those around you and the relationships you build and maintain.

This is some heady stuff. But I believe in you...and I believe in us to collectively create healthier relationships and communities for now and for the future.

So , what is the defining feature of the kind of ancestor you want to be? You can reply to this email. I read and respond to all your emails!



Take care, and keep being you!
Harry

P.S. – Rebuilding your relationship with your parents as the person you are becoming can be scary and challenging. If you're looking for support to help you do that, you can schedule a consultation with me to chat about things.

[Book a Consultation](#)

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