

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



So this is Part 2 of why Asians aren't all the same. I can't believe I still have to say this in 2022. And yet, I'm also not surprised.

If you haven't read [Part 1](#), I discussed the red pocket incident at the University of Toronto, which prompted me to write on this topic.

Here, I want to continue that conversation, and talk about why **Asian people from the same culture are also SUPER diverse.**

Asian Diversity WITHIN A Culture

1. **A culture is really fucking inconsistent.** Cultural rules, values, wisdoms, and customs often contradict. Just look at these proverbs: "Money is freedom;" and "The best things in life are free."

We know that these statements are based on context, rather than a hard-and-fast wisdom. And how these wisdoms are practiced is based on the individual.

2. **Many subcultures exist within a culture.** Each of these subcultures have different rules, values, wisdoms, and customs.

There are also countercultures, whose values, norms, and behaviours are different from the "mainstream."

The Hong Kong Umbrella Movement and the American Civil Rights Movement are examples of countercultures.

You might identify with, or even be part of a subculture or counterculture yourself.

3. **Some Asians are raised in multiple culture.** Is your mom Vietnamese and your dad Thai? Well, you might be raised in both Vietnamese and Thai culture(s).

Or perhaps your parents are Korean-Canadian immigrants, and you were raised in Canada. Then you grew up with Korean culture and Canadian culture.

4. **YOU CHOOSE to how to practice your culture.** Each person relates to their culture differently. They choose what values, norms, and behaviours to take on.

And if you grew up with multiple cultures, they may be blended into who you are. You may even consciously pick-and-choose which aspects from each culture to take on.

5. **Culture is constantly changing.** Colonialism, new technology, and even new laws...they all change how a society and culture functions.

And from the ground up, activism and revolution will also change society and culture.

And the past two years of COVID-19 and anti-Asian racism?

I have no doubt it has led to an Asian racial consciousness. And I believe we will positively change the landscape of racism in North America.

I am a dreamer, after all. And I hope you are too.

In Part 3 of this series, I will discuss the ONE THING all Asians have in common. Stay tuned!

So , what is one subculture or counterculture you're part of? You can reply to this email. I read and respond to all your emails!



Take care, and keep being you!
Harry

P.S. – Hope this helps you understand your complex identity a bit better. Make sure you stay tuned for Part 3, where I discuss the one common thing that all Asians have.

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](#)

Therapy with Harry

HarryAuTherapy.com

You're getting these emails because you opted-in on my website or through my services. I'm a fan of you designing your own life. If you don't feel these emails are for you, feel free to unsubscribe. I'll be sad to see you go, but happy that you do what's best for you!

If you have any questions, then definitely reply this email. I read and reply all your emails!

[Unsubscribe](#)

mailer lite