

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,



Last year, I was in need of a website update. I had to find a new one, cause my previous one was unavailable.

I was already stressed with other things. So I just wanted to find a web designer who can just do everything for me.

And so, I rushed into a contract with a web designer. I was to pay her \$450 upfront for the first draft, and pay another \$450 when the final version is complete.

So I went about my life, doing my thing, super happy that I no longer have to think about the website. A month passed, and the big unveiling came. With anticipation, I logged on to view the website...and I was appalled.

The website did not represent me, my work, nor the clients that I work with.

The final chat with the web designer was awkward. I decided to pay her the final \$450 amount and end the contract. I didn't feel that we could salvage the website.

\$900 down the drain. All because I didn't want to invest in the time to find the right person.

I was stressed, and decided to haphazardly throw money at my stress to solve it. In the end, it caused more stress, and gave me more work.

The thing was, there were warning signs that she wasn't a good fit. But I chose to ignore all the warning signs.

Why? Because I wanted this problem to go away, and the easiest short-term solution was to throw money at it. Despite my best judgment telling me that this wasn't going to work.

I was seduced by the easy way out, instead of investing the time and energy required to get things done properly. So I chose the short-term relief of my stress, rather than the long game to get things done right.

And this is kind of like therapy. Therapy is hard work, and requires time, energy, and money. It's life changing work, where we invest in our future. But because this work is hard, it is much easier to fall back on our familiar (and not always health) ways of coping.

Some of my ways of coping is numbing myself with TV shows, eating lots of chocolate, and buying random things online. In the moment, it helps alleviate whatever I'm feeling, and I temporarily feel good (or feel numb). But in the long run, I'm left with the same problems and recurring anxieties.

And I'm not saying that these ways of coping should never be used. Sometimes, we just want to veg out and watch a TV show. But we want to build more tools in our mental health repertoire, like journaling, mindful breathing, and learning to set healthy boundaries with people.

So , did you ever have a mental health mistake that you learned from?

Respond this email and let me know what you think. I'm a real person on the other side, and I respond to all emails!

Take care, and keep being you!
Harry



"I help Asians go from feeling trapped to becoming self-liberated."

P.S. - Did you have a mental health "ah-ha" moment? Tell me what it was!

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