

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



Shared Pain and Sharing Pain

Solidarity work is always an emotional topic for me.

Especially because recently, a few people reached out to me, to share their thoughts on [The Asian Survival Guide](#) that they received from me.

While the guide wasn't created with them in mind, they still felt that the guide resonated with them – **the struggles of identity, racism, and immigration**. These are themes experienced by many people across many communities.

There are a lot of shared pain among BIPOC communities.

But while that can feel sad and overwhelming at times, there are also opportunities.

Opportunities to connect through our shared pain. To listen. To empathize. And to build real, authentic relationships.

Let's Listen

Stories are powerful. It connects us. And for Black History Month, an important thing that Asian Allies can do is to listen.

Listen to the stories of individuals from the black community. **Channel your own pain from racism and struggles of identity**, to understand and empathize with the pain of these individual stories and storytellers.



We're all subjugated under the same system of white supremacy. And we have to learn to take care of ourselves, and take care of each other. That means building real and authentic relationships with each other.

And to build safe and healthy relationships with others, we must first learn to build a safe and healthy relationship with ourselves. Which is why taking care of your mental health is so important. So don't neglect yourself and your own needs!

And as we move forward, I hope we are all able to build healthy and authentic relationships with those who are different, but also not so different from us.

Here are some resources for you to check out. Below are also two really cool anti-oppression and anti-racist educators, if you're thinking of bringing these discussions to your work or groups.

Resources:

[Black Girl Dangerous](#) and [BDG Blog](#)

[Asians For Black Lives Toronto Facebook Group](#)

[Asian Americans for Black Lives](#)

[Everyday Feminism](#)

Anti-Racist Educators:

[Rania El Mugammar](#)

[May Lui](#)



Take care, and keep being you!
Harry

P.S. - Building authentic relationships through active listening and learning is powerful and also great for our own mental health. Check out the resources section for more info!

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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