

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



Healing Trauma In 2 Weeks?!

For anyone who has not seen *Turning Red* (go see it, it's really good!), this will have slight spoilers. So proceed only if you dare.

This is my absolute favourite part of the film. I was watching it with my person, and I remember saying to her, "Oh my god, they're Power Rangers!" and "Look at all that jade!"

That scene, along with this Ken Jeong scene, are my two favourite comedy scenes in cinema. The ode to Chinese Triad movies...love it!

But I digress...back to Turning Red. Because I am a therapist, and because it's hard to turn off that therapist brain, I was really wishing for a bit more when Turning Red alluded to emotions and intergenerational trauma.

The first thing I would want to change is near the end. After the epic battle, Ming (Mei Mei's mom) and the aunties had returned to the Astral Realm, and got to decide to seal away the Red Panda. I was sooo hoping that...

[Read the full blog here ---->](#)



Take care, and keep being you!
Harry

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.

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HarryAuTherapy.com

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