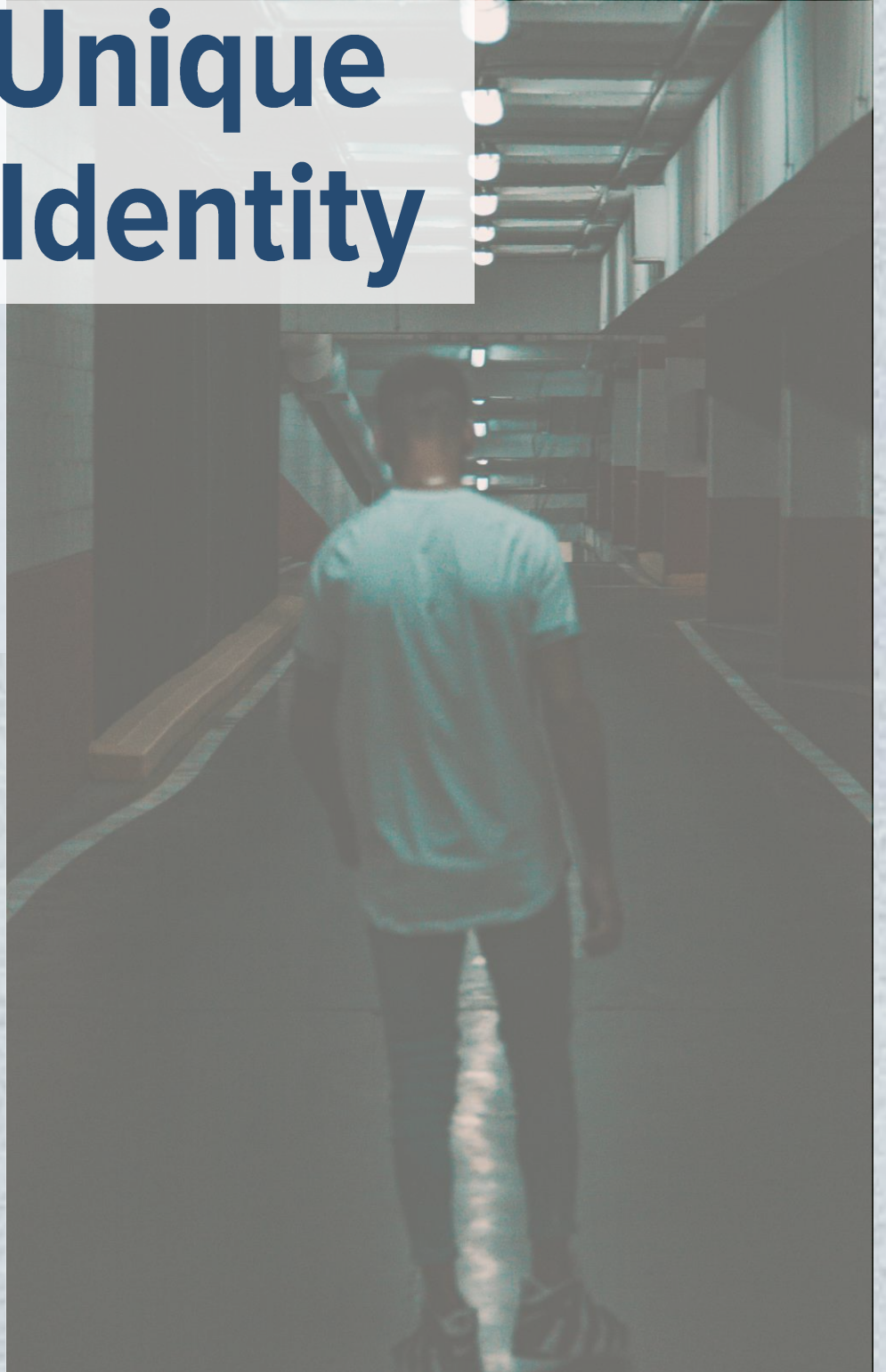


Understanding Your Unique Asian Identity



Your Asian Identity is a Complex Thing

Identity is a complicated thing. And part of the complication is because we get labelled with identities since the day we're born. Asian. Filipino. Banana. Mixed. Not Asian enough.

With people telling you what you're supposed to be, it can sometimes be hard to ask ourselves who we actually are – and explore what we actually want in our lives. That's why I created this guide to help you explore the nuances of your identity. We start wide, with your multiple cultural upbringing, and slowly hone down onto the things that are most important to you.

I hope you find this guide helpful. And if it resonates with you, don't hesitate to reach out by emailing me at harryautherapy@gmail.com. I love hearing from other Asians who are finding their place in life!



Harry

Therapy for Asians
"The Freedom to Be You"

Deep Dive #1: Your family's "home country"

Often, people assume that if we're from the same country, then we have the same culture, identity, and experiences. But within any single country, there are lots of diversity, multiples sub-cultures, and ways of being. And you're part of that diversity.



Let's Explore

Think about the people from the same country as you. Are there different ethnic groups, (sub)cultures, languages, religions, values, beliefs, or cultural practices? How are you different from others?

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Deep Dive #2: Your Family Cultural Background

A big mistake that people make is to assume that people from the same culture all practice that culture in the same way. That feels really uncomfortable, because the cultural practices and values that you choose to take on is unique to you.

Let's Explore

Which cultural values and practices are important to you? Which ones are not important? It can help to think about how your family and friends practice or think about the culture, and how you may differ from them.

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Deep Dive #3: Growing Up in Multiple Cultures

Part of your uniqueness is growing up in multiple cultures. And that can be challenging sometimes, when you're caught between different obligations, rules, values, and ways of living. It can be helpful to understand these conflicts.



Let's Explore

Do you sometimes have conflicting feelings about certain values and desires that you have? This may be an indication you're caught between different cultural values, expectations, and rules. Or maybe, none of these cultural rules fit you.

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Deep Dive #4: The Values Most Important to You

Having reflected on the uniqueness of your multiple cultural upbringing, let's reflect on what is most important to you. It's uncomfortable to feel caught between cultures, but this is also an opportunity to prioritize what values are important to you.



Let's Explore

What values, practices, and ways of living are the most important to you? These may or may not be related to any particular culture, because you're allowed to be unconventional. Try to keep the list short, and hone down on 3-4 things.

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Deep Dive #5: Your Values in Your Daily Life

Sometimes, the way we live our daily life may not align with the values that are important to us. These daily conflicts and misalignments can be quite exhausting. So let's think about how we may want to make changes and adjustments.



Let's Explore

Are there habits/obligations/practices in your life that you dread, or exhausts you? Do these things align with your values? If they do, can you express your values in a different way? If they don't, can you let it go, or replace it with something else?

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Stay connected yall!

Thank you for taking the time to reflect. I hope that this guide has been useful for you. Asians are a diverse bunch, and don't think for a second that you need to follow any specific rules of "being an Asian." I'd love to hear about your insights...I'm a geek when it comes to celebrating Asian mental well-being. So shoot me an email at harryautherapy@gmail.com.

Let's plan to stay in touch! My newsletter and resources specifically speak to the Asian immigrant experience. I know that, as Asians, our experiences are unique. So our support should be unique as well.

And if you're curious and ready to explore your deeper selves and deeper desires, you can schedule a consultation by clicking [here](#).

See you around!



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