

# The Asian Survival Guide for Our Ridiculous World



*Dance to...  
the beat of...  
your own drum...*

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Sometimes, life just doesn't seem like it's working. Day in and day out, a repeat of the same drudgery. Coming home alone, exhausted, your thoughts going a thousand miles an hour, telling you what you have to do next, things you have to do for people, and obsessing over every little thing you did and said wrong.

Life is just so ridiculous sometimes. Which is why I want to remind you that you're a badass, so you can step into your power.

I want to say that this is by no means, a substitute for getting professional therapy support. This is simply a resource to help you reflect, and remind yourself that you can dance to the beat of your own drum.



*Harry*

**Therapy for Asians**  
**"The Freedom to Be You"**

# 1 |

## *Fuck fitting in. Your complex identity makes you unique.*

For as long as you can remember, you've always felt different. You just don't seem to fit into neat little categories like other people.

Remember, you grew up in multiple cultures. It's beautiful, and also complicated. Maybe, you can exist in a category of your own, and can create your own freedom there.



*Let's reflect...*

If you didn't have to fit in, what would you want to stop doing? What would you want to start doing?

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What is one thing that you can commit to start/stop doing this coming week?

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# 2 |

## *Hold on, hold on... is this what you truly want for yourself?*

Obligations and responsibilities is your life...not because you like it in particular, but because that's what you're used to. Obligations as a child in an immigrant family. Responsibilities at work. Following a typical life trajectory because that's what you're told to do. But is this really what you want?



*Let's reflect...*

Your current life goals...is it what you really want? If you could pursue anything in the world, what would it be?

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What's stopping you from pursuing these things?

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# 3 |

## *You don't have to be nice and agreeable to everyone.*

I get it, you're a nice person. You just want everyone to be happy and taken care of. But unfortunately, there are bullies who go out of their way to make your life miserable. It might be snarky remarks, passive-aggressive comments, or embarrassing you in front of everyone. And you might not say anything, because you want to keep the peace. Or maybe you freeze in the moment. But know that you don't have to be nice and agreeable to bullies.



*Let's reflect...*

Think of a time when you felt bullied or mistreated. How did you wish you had responded?

How would your life look, if you were able to stand in your power so much so, that bullies wouldn't even dream of bullying you?

# 4 |

## *Instead of trying to be perfect, embrace being yourself.*

When you've lived most of your life trying to fulfill obligations and responsibilities, it is not uncommon to become somewhat of a perfectionist. You're trying to be perfect for everyone else, but it always seems to come at the expense of your own happiness. Wouldn't it be great spending the energy being the authentic you instead?



*Let's reflect...*

How would life look if you don't have to feel anxious over every small mistake, detail, or imperfection?

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What are some small things in your life that doesn't have to be perfect?

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# Stay connected yall!

Thank you for taking the time to reflect. It's not easy to dive deep into the pain and hard emotions of your everyday life.

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](mailto:harryautherapy@gmail.com).

We're all trying our best in this ridiculous world of ours. And even the best of us need support, whether it is from friends, family, or professionals.

So stay in touch! My newsletter and resources specifically speak to the Asian experience. Because 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!



*Harry*

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