

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity

Hey ,

There's a recent anti-Asian racism incident that happened at a local university.



University Of Toronto And The Red Pocket Controversy

So what does a red pocket have to do with anti-Asian racism?

During Lunar New Year, one of the residencies at the University of Toronto distributed red pockets to their Asian students.

For those who are not familiar with Chinese culture, we put money in these red pocket/envelopes, and it is given to others as a representation of prosperity and luck.

So what was the problem? Well, there's a racist assumption happening here:

All Asians Are The Same

Red pocket is a Chinese tradition. Why is was a Chinese tradition to celebrate Lunar New Year with ALL Asian students?

Not all Asians are Chinese. **Asians are not all the same.**

Us Asians know this stereotype well...it denies our humanity.

So I'll be explaining, step-by-step, why Asians have **NOTHING** in common, and how we are hella diverse.

And having clarity on this will help you challenge other people's microaggressions. And I know for me, it helped challenge my own internalized racism too.

5-Point Crash Course: Diversity In Asia

1. **We come from many different countries.** Each country has their own cultures, histories, and languages. And to top it off, these countries may or may not even get along. I mean, they've gone to war with each other.

2. **There are multiple cultures within a country.** That's because every Asian country is made up of multiple ethnic groups. Each ethnic group has their own unique cultures and languages. And you guessed it...they don't all get along. Some have oppressed other groups.

3. **People moved around.** So that means there are generations of Chinese people who live in Vietnam, and Vietnamese who live in China, and so on, and so forth. Culturally, they're not the same as those who live in their "home" country.

4. **Colonialism has changed the culture of many different regions.** Hong Kong was colonized by the British. Macau by the Portuguese. Okinawa Prefecture was occupied by the American military. So on, and so forth. Colonial oppression knows no bounds.

5. **Not all Asians have a home country** that they can call their own. For example, Tibetans, Hmong, and Ainu. There are long histories of oppression that is specific to each group.

This is just a small part of a much, much larger topic. I'll be coming out with Part 2 of this topic in the next newsletter.

And I'll also be sharing the **ONE THING that all Asians have in common**. Keep an eye out for it!

So , how does it make you feel to be told that all Asians are the same? You can reply to this email. I read and respond to all your emails!



Take care, and keep being you!
Harry

P.S. - Hope the 5-Point Crash Course On Asian Diversity gives you a structured way to **challenge other people's microaggression!** And stay tuned for upcoming newsletters, as I unveil the ONE THING all Asians have in common.

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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