

DEFEATING YOUR INNER DEMONS

LESSONS LEARNED FROM
KPOP DEMON HUNTERS



AWARDS

HUNTRIX



Image: Etsy - SayMaria

- Most-watched Netflix original
 - 326m views in 90 days, 569.3m views by February 2026, and 15 consecutive weeks on the Netflix Top 10 list.
- Soundtrack:
 - Grammy and eight songs in the Billboard Hot 100, with four in the Top 10 at the same time
- "Triple Crown" for animated features:
 - 98th Academy Awards (2026): Best Animated Feature and Best Original Song ("Golden").
 - 83rd Golden Globe Awards (2026): Best Motion Picture – Animated and Best Original Song.
 - 31st Critics' Choice Awards: Best Animated Feature and Best Song.
- Won 10 out of 10 Annie Awards nominations:
 - Best Feature; Outstanding Directing; Best Writing; Voice Acting (Arden Cho as Rumi); Character Design, Production Design, and Animated Effects.
- Producers Guild of America (PGA): Best Animated Motion Picture.
- Visual Effects Society (VES): Won 3 awards, including Outstanding Visual Effects in an Animated Feature.

ALERT – A FEW SPOILERS

- Directed by: Maggie Kang and Chris Appelhans
- Produced by: Michelle Wong
- Co-Produced by: Scott Berri, Jacky Priddle
- Cast: Arden Cho, Ahn Hyo-seop, May Hong, Ji-young Yoo, Yunjin Kim, Joel Kim Booster, Liza Koshy, with Daniel Dae Kim, Ken Jeong, and Byung Hun Lee.
- Vocals: EJAE, Audrey Nuna, REI AMI, Andrew Choi, samUIL Lee, Neckwav, Kevin Woo, Danny Chung

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Image: Etsy - ZyloDigitalGoods

PATTERNS AND DEMONS

- Folklore: The Hunters and Honmoon
- Manifestation of guilt that consumes us
- Represents destructive psychological patterns



Image: KPOP DEMON HUNTERS | Sony Animation



Image: KPOP DEMON HUNTERS | Sony Animation

ACT 1: OUR FAULTS AND FEARS MUST NEVER BE SEEN



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HUNTR/X: Rumi | Zoey | Mira
Comic Relief/Messengers: Derpy | Sussie

- Rumi: Pretends that everything is great and remains guarded
- Mira: Fights and rebels against her lack of family
- Zoey: Internalizes her doubts and hides behind her lyrics

Image: Etsy - ZyloDigitalGoods

ACT 1: OUR FAULTS AND FEARS MUST NEVER BE SEEN

- **How It's Done:**

- Hear our voice unwavering
- 'Til our song defeats the night
- Makin' fear afraid to breathe
- 'Til the dark meets the light

- **Golden:**

- Our time, no fears, no lies
- That's who we're born to be
- Waited so long to break these walls down
- To wake up and feel like me
- Put these patterns all in the past now
- And finally live like the girl they all see



Image: Etsy - ZyloDigitalGoods

ACTIVITY: NAMING OUR DEMONS

WHAT ARE SOME OF
THE “PATTERNS” OR
“DEMONS” THAT
HAUNT YOU OR
HOLD YOU BACK?



Image: Etsy - ZyloDigitalGoods

IDENTIFYING OUR DEMONS



- **Recognizing Cognitive Distortions** (distorted thinking):
 - **All-or-nothing thinking:** Seeing things in black-and-white.
 - **Overgeneralization:** Seeing a single event as a never-ending failure.
 - **Mental Filter:** Dwelling on a single negative detail.

For more help, visit [Identifying Cognitive Distortions](#) from CTRI Crisis & Trauma Resource Institute

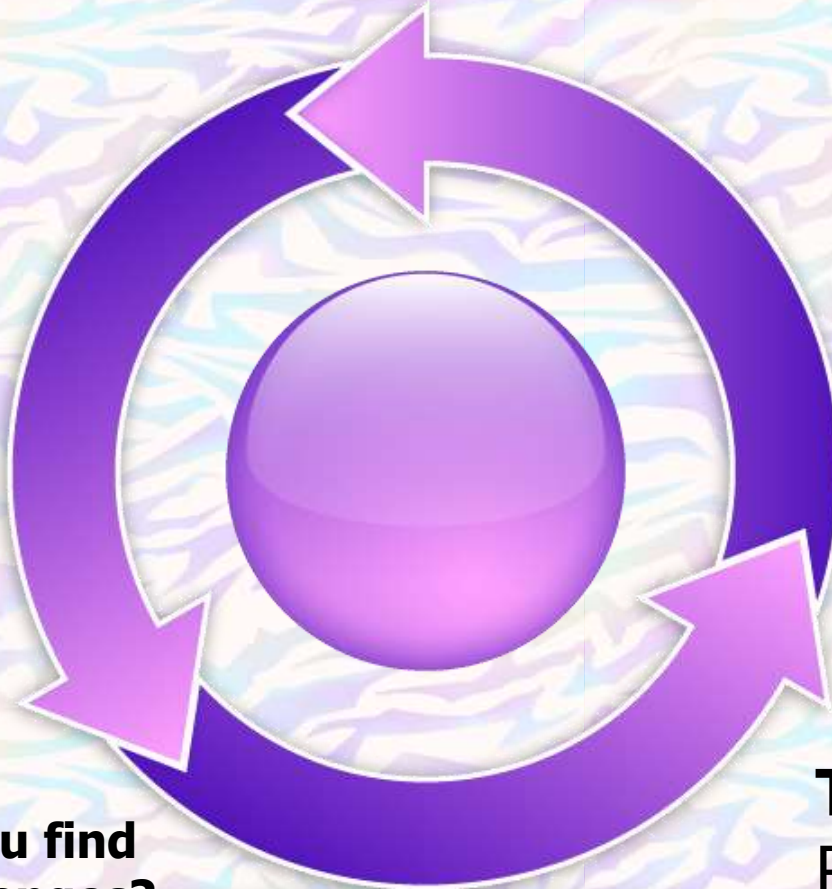
Image: Etsy - ZylodigitalGoods

TYPES OF DEMONS

THE THREE PATTERNS OF RESISTANCE

The Guard:

Patterns that keep us safe but stagnant
(Fear, Perfectionism, Doubt, Scarcity, Complacency)



The Mirror:

Patterns involving how we see ourselves
(Imposter Syndrome, Inferiority, People-pleasing, Comparison)

The Weight:

Patterns tied to the past
(Regret, Guilt, Anger)

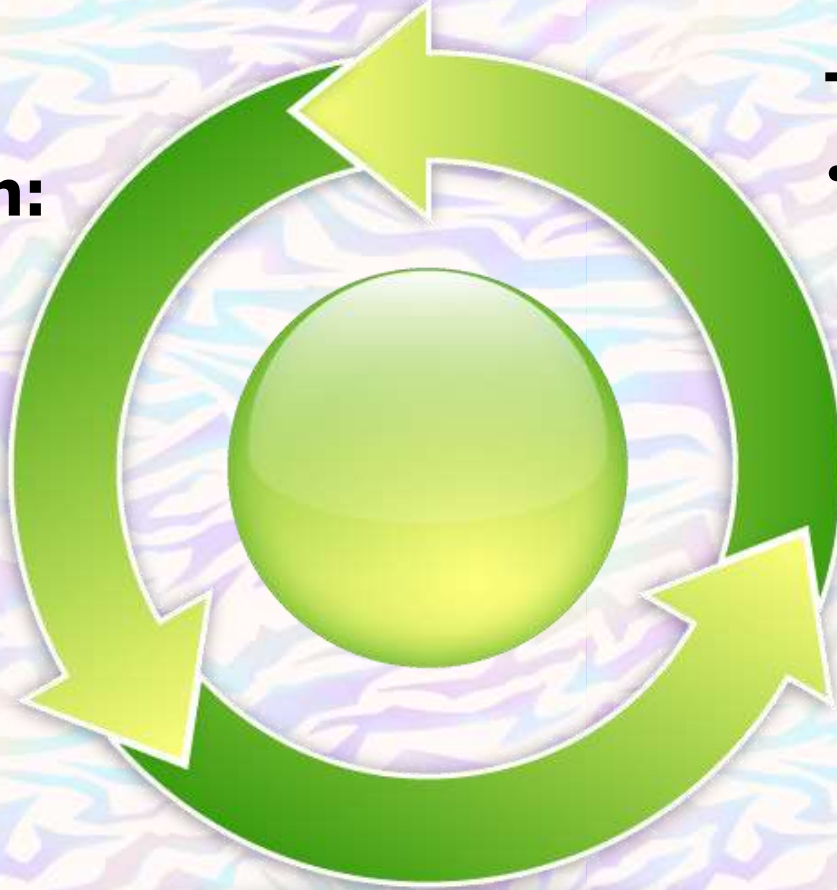
Which of these "demons" do you find resonates most with your challenges?

BREAK THE RESISTANCE PATTERN LOOP

SHIELDS/COUNTER MELODIES

The Growth Pattern:

- Offsets: The Guard



The Self-Efficacy Pattern:

- Offsets: The Mirror

The Presence Pattern:

- Offsets: The Weight

BREAK THE RESISTANCE PATTERN LOOP

SHIELDS/COUNTER MELODIES

The Growth Pattern (Offsets "The Guard")

Embrace Iteration And Acceptance

- **Intellectual Humility:**
The habit of saying "I don't know yet, but I can learn."
Shift from being the "expert" to being the "explorer."
- **Iterative Mindset:**
A pattern of seeking "Progress over Perfection." Treats every "failure" as a data point rather than a final verdict.
- **Adaptive Agility:**
The emotional habit of responding to change with curiosity rather than defensive rigidity.



BREAK THE RESISTANCE PATTERN LOOP

SHIELDS/COUNTER MELODIES

The Self-Efficacy Pattern (Offsets "The Mirror")

Build A Grounded Sense Of Self-Worth

- **Evidence-Based Confidence:** Celebrate every win. When "The Mirror" says you aren't enough, prioritize your achievements.
- **Self-Compassion:** Treat yourself with the same respect you give others. Acknowledge that everyone has skeletons and mistakes.
- **Internal Validation:** Measure success by your own values and integrity. Avoid the shifting winds of praise or "likes."



BREAK THE RESISTANCE PATTERN LOOP

SHIELDS/COUNTER MELODIES

The Presence Pattern (Offsets "The Weight")

Live In The Now And Future, Don't Dwell In The Past

- **Radical Acceptance:** Acknowledge the current reality and past mistakes without judgment. Releases negative energy, so it can be used for problem-solving.
- **Abundance Mindset:** Believe that another person's success doesn't diminish your own. Neutralize fear of Scarcity and Comparison.
- **Proactive Gratitude:** Promote the cognitive habit of looking for what is working. Avoid "toxic positivity" and prevent your amygdala from hijacking decision-making.



ACT 2: FROM HATE TO ACCEPTANCE



ACT 2: FROM HATE TO ACCEPTANCE

Free:

- All the secrets that keep me in chains and
- All the damage that might make me dangerous
- You got a dark side, guess you're not the only one
- What if we both tried fighting what we're running from?
- We can't fix it if we never face it
- What if we find a way to escape it?
- We could be free, Free
- We can't fix it if we never face it
- Let the past be the past 'til it's weightless



"IF HATE COULD HAVE DEFEATED GWI-MA, I'D HAVE DONE IT LONG AGO". - Jinu

Image: Etsy - ZyloDigitalGoods

RECONCILING OUR DEMONS

WHAT WOULD IT TAKE
TO MAKE OUR PAST
WEIGHTLESS?

RECONCILING OUR DEMONS



- Fear is holding us back
- Stop lashing out, over-rotating, trying to impress, over-working, sacrificing self-interests

OUR SCARS WILL ALWAYS BE PART OF US

Image: Etsy - ZyloDigitalGoods

ACTIVITY: NARRATIVE THERAPY - “NAME IT TO TAME IT!”

1. Name the Entity: Our faults and fears must be named

- Strip the emotion of its power by naming it out loud.
- “Foot in Mouth Disease” – Wow, that was awkward!

2. Map the Influence - Understand the Pattern

- Investigate how it operates as if it were a separate character.
- “How does it try to trick me into thinking it is actually *me*?”

3. Create Distance (Objectification) - Acceptance

- Create a “buffer zone” to observe the thought without being consumed by it.
- “That mistake does not make me a failure.”
- **Cognitive Defusion** by Michael White and David Epstonin
 - [White, M., & Epston, D. \(1990\). *Narrative Means to Therapeutic Ends*. W. W. Norton & Company.](#)
 - [Morgan, A. \(2000\). *What is Narrative Therapy? An Easy-to-Read Introduction*. Dulwich Centre Publications.](#)



Image: Etsy - ZyloDigitalGoods

ACT 3: FROM ACCEPTANCE TO EMPOWERMENT



ACT 3: FROM ACCEPTANCE TO EMPOWERMENT

What It Sounds Like

- We broke into a million pieces, and we can't go back
- But now we're seeing all the beauty in the broken glass
- The scars are part of me, darkness and harmony
- My voice without the lies, this is what it sounds like
- Why did we cover up the colors stuck inside our head?
- Get up and let the jagged edges meet the light instead
- Show me what's underneath, I'll find your harmony
- Fearless and undefined, this is what it sounds like



BEAUTY IN THE BROKEN GLASS



- Light appears white, but is a spectrum.
- The spectrum is so wide, we can't even see all of it.

**EMBRACE YOUR DIFFERENCES AND THE PAST.
IT'S WHAT MADE US WHO WE ARE!**

Photo by Nancy Zjaba from Pexels

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REFRAME YOUR PATTERNS

The "Three Cs" of Cognitive Reframing:

- **Catching (Awareness):** Recognize unhelpful, automatic negative thoughts.
- **Checking (Evaluation):** Question the validity of these thoughts and look for evidence.
- **Changing (Restructuring):** Replace the distorted thought with a more balanced, evidence-based one.
- Additional resources:
 - [Reframing unhelpful thoughts](#), Better Health, NHS
 - [How Cognitive Reframing Works](#) by Amy Morin, verywellmind



Image: Etsy - ZyloDigitalGoods

ACTIVITY: COGNITIVE REFRAMING

1. What triggers your pattern?
 2. How could you catch it?
 3. What are the objective facts of the situation?
 4. Reimagine the scenario objectively.
 5. What is a positive strength you can draw from it?
- **Catching (Awareness):**
Recognize unhelpful, automatic negative thoughts.
 - **Checking (Evaluation):**
Question the validity of these thoughts and look for evidence.
 - **Changing (Restructuring):**
Replace the distorted thought with a more balanced, evidence-based one.

ACTIVITY: FIND YOUR OWN HONMOON

FOR EACH PATTERN
OR DEMON, HOW
COULD THIS BE YOUR
SUPER POWER?

KPOP DEMON HUNTERS



Image: Etsy - CricutClubComeTo

FIND YOUR HONMOON TO DEFEAT YOUR DEMONS

- GET HELP: MENTORS AND THERAPY
- STRENGTHEN YOUR CORE NETWORK
- PRACTICE EMOTIONAL FITNESS



Image: Etsy - ZyloDigitalGoods

ADDITIONAL RESOURCES



HOJAKDO: DERPY AND SUSSIE

Hojakdo (虎鵲圖), or tiger and magpie painting, is a popular 19th-century Korean minhwa (folk art) genre symbolizing good news, protection, and auspicious fortune. The tiger represents corrupt officials or authority, and a defiant magpie symbolizes the common people. These paintings frequently feature pine trees, representing longevity, and were popular in homes to ward off evil. [The Korean Folklore Behind KPop Demon Hunters](#)



Images: Etsy - CricutClubComeTo

Image: Korean Folk Art

Image: Etsy - ProductFurverse

JEOSEUNG SAJA: KOREA'S GRIM REAPER

The Jeoseung Saja (저승사자) is the traditional Korean Grim Reaper, acting as a neutral guide who escorts souls from the world of the living (isung) to the afterlife (jeoseung-guk). Often depicted in modern media wearing a black hanbok and a traditional black horsehair hat (gat), they represent an inescapable, bureaucratic, and silent guide under the command of King Yeomra, rather than a malevolent entity.



Image: KPOP DEMON HUNTERS | Sony Animation

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SAJA BOYS



KPOP DEMON HUNTERS

The Korean Folklore Behind KPop Demon Hunters

Image: Etsy - CricutClubComeTo

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THE WEAPONS OF HUNTR/X

- **Blue / White**

- **In Sync:** Represents the team working in harmony, high spiritual stability, and a strong connection to the Honmoon.

- **Pink / Iridescent Pink**

- **Out of Sync:** Represents internal turmoil, self-doubt, or the team drifting apart. It also indicates "gaps" or instability in the Honmoon itself.

Key Color Shifts in the Movie - The Truth About The Huntrix Weapons

- **The Bathhouse Fight:** The weapons glow a steady **blue/white**, signaling that the girls are perfectly in sync and their powers are at their peak.
- **The Mid-Movie Rift:** As Rumi begins to struggle with her half-demon identity and the group experiences personal friction, the weapons shift toward **pink**. This is most notable during the **train fight**, where their lack of coordination is reflected in the pinker hue of their blades.
- **The Finale:** After the members reconcile and Rumi accepts her dual nature, the weapons return to a brilliant **blue** during the final confrontation at Namsan Tower.

- **Rumi:** Sainggeom, Four Tiger Evil Slayer Sword

- **Mira:** Gokdo
- **Zoey:** Shinkal



Image: Etsy - ZyloDigitalGoods

The secret meaning behind Huntrix's weapons

RESOURCES

- [KPOP DEMON HUNTERS | Netflix](#)
- [KPOP DEMON HUNTERS | Sony Animation](#)
- [Kpop Demon Hunters | TUNDUM by Netflix](#)
- [KPop Demon Hunters \(2025\)](#)
- [KPop Demon Hunters Wiki | Fandom](#)
- [KPop Demon Hunters | Wikipedia](#)
- [The Korean Folklore Behind KPop Demon Hunters](#)
- [The Secret Meaning Behind HUNTR/X's Weapons](#)
- [The Truth About The Huntrix Weapons](#)

MENTAL HEALTH RESOURCES

- I'm not a doctor, psychologist, or licensed counselor. These are lessons I've learned in life and translated from the movie.
- Please seek professional help for your real-life demons:
 - Immediate Help (Crisis): Call or text 988 for the Suicide & Crisis Lifeline (available 24/7).
 - [HelpGuide.org](https://www.helpguide.org)
 - Locators & Directories: Use the SAMHSA Behavioral Health Treatment Services Locator or the [NIMH Help for Mental Illnesses page](#) to find clinics, counselors, and support groups.
 - Mental Health Organizations: [NAMI \(National Alliance on Mental Illness\)](#) provides free, nationwide support, education, and resources.
 - Insurance & Providers: Call your insurer's customer service number or use their website to find in-network providers. A primary care doctor can also provide referrals.
 - Low-Cost Options: Mental Health America lists ways to find free or low-cost care on [Mental Health America's Finding Help page](#).