Defeating Your Inner Demons

Lessons Learned From KPOP Demon Hunters







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WITH ALL RESPECT AND HONOR TO:

- 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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Patterns and Demons

- Folklore: The Hunters and Honmoon
- Patterns are a manifestation of destructive thoughts and feelings



Image: Etsy - ZyloDigitalGoods

I'm not a doctor. These are lessons I've learned in life and translated from the movie.

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ACT 1: OUR FAULTS AND FEARS MUST NEVER BE SEEN





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Act 1: Our Faults and Fears Must Never Be Seen



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

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

Image: Etsy - ZyloDigitalGoods

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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:**
  - 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

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Identifying our Patterns

What are some of the "patterns" or "demons" that haunt you or hold you back?



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Activity: "Name it to Tame it!"

1. **Give Your Demon a Name: Our faults and fears must be NAMED**
   - Strip the demon of its power by naming it out loud.
   - "Foot-in-Mouth Disease" (*Wow, that wasn't appropriate!*)



Image: Etsy - ZyloDigitalGoods

Techniques in the appendix:

- Narrative Therapy
- The "Three Cs" of Cognitive Reframing

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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)

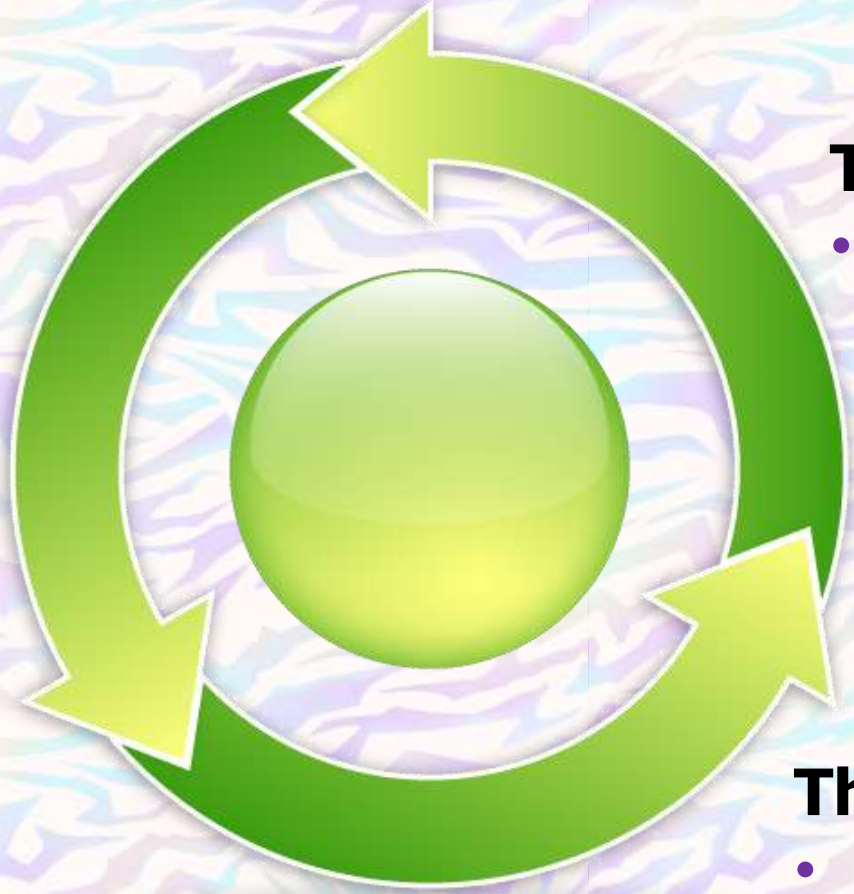
Activity:
Which of these types resonates most with your pattern/demon?

The Weight:
Patterns tied to the past (Regret, Guilt, Anger)

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Break the Pattern of Resistance Loop

Shields/Counter Melodies



The Growth Pattern:

- **Offsets: The Guard**

The Self-Efficacy Pattern:

- **Offsets: The Mirror**

The Presence Pattern:

- **Offsets: The Weight**

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BREAK THE RESISTANCE PATTERN LOOP

SHIELDS/COUNTER MELODIES

The Growth Pattern (Offsets: The Guard)

Embrace Iteration And Acceptance

- **Intellectual Humility:**
  "I don't know yet, but I can learn."
- **Iterative Mindset:**
  "Progress over Perfection."
- **Adaptive Agility:**
  "Embrace change over defensive rigidity."



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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 and prioritize your achievements.
- **Self-Compassion:**
  Treat yourself with the same respect you give others.
- **Internal Validation:**
  Measure success by your own values.



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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 reality and mistakes without blame.
- **Abundance Mindset:**
  Another person’s success doesn't diminish your own.
- **Proactive Gratitude:**
  Build the habit of noticing what is working.



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ACT 2: FROM HATE TO ACCEPTANCE





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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

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WHAT WOULD IT TAKE TO MAKE OUR PATTERNS WEIGHTLESS?

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Reconciling our demons



Our scars will always be part of us

Image: Etsy - ZyloDigitalGoods

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Activity: "Name it to tame it!"

1. **Give Your Demon a Name: Our faults and fears must be NAMED**
   - Strip the demon of its power by naming it out loud.
   - "Foot-in-Mouth Disease" (*Wow, that wasn't appropriate!*)
2. **Catch Your Demon: Type of the Pattern**
   - Identify which type of pattern is creating your demon.
   - *"How does it try to trick me into thinking it is actually me?"*
3. **Objectify Your Demon: Sing Your Shield**
   - Write a counter melody to neutralize your demon.
   - *"That mistake does not make me a failure."*

Techniques in the appendix:

- Narrative Therapy
- The "Three Cs" of Cognitive Reframing



Image: Etsy - ZyloDigitalGoods

ACT 3: FROM ACCEPTANCE TO EMPOWERMENT





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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



Image: Etsy - ZyloDigitalGoods

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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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Make your own honmoon

Turn your pattern into your superpower?



Image: Etsy - CricutClubComeTo

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Together our honmoon is stronger

- Strengthen your core network
- Ask for help
- Enhance your emotional fitness



Image: Etsy - ZyloDigitalGoods

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ADDITIONAL RESOURCES





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AWARD HIGHLIGHTS



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.

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

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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



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.

- **Rumi**: Saingeom, Four Tiger Evil Slayer Sword
- **Mira**: Gokdo
- **Zoey**: Shinkal

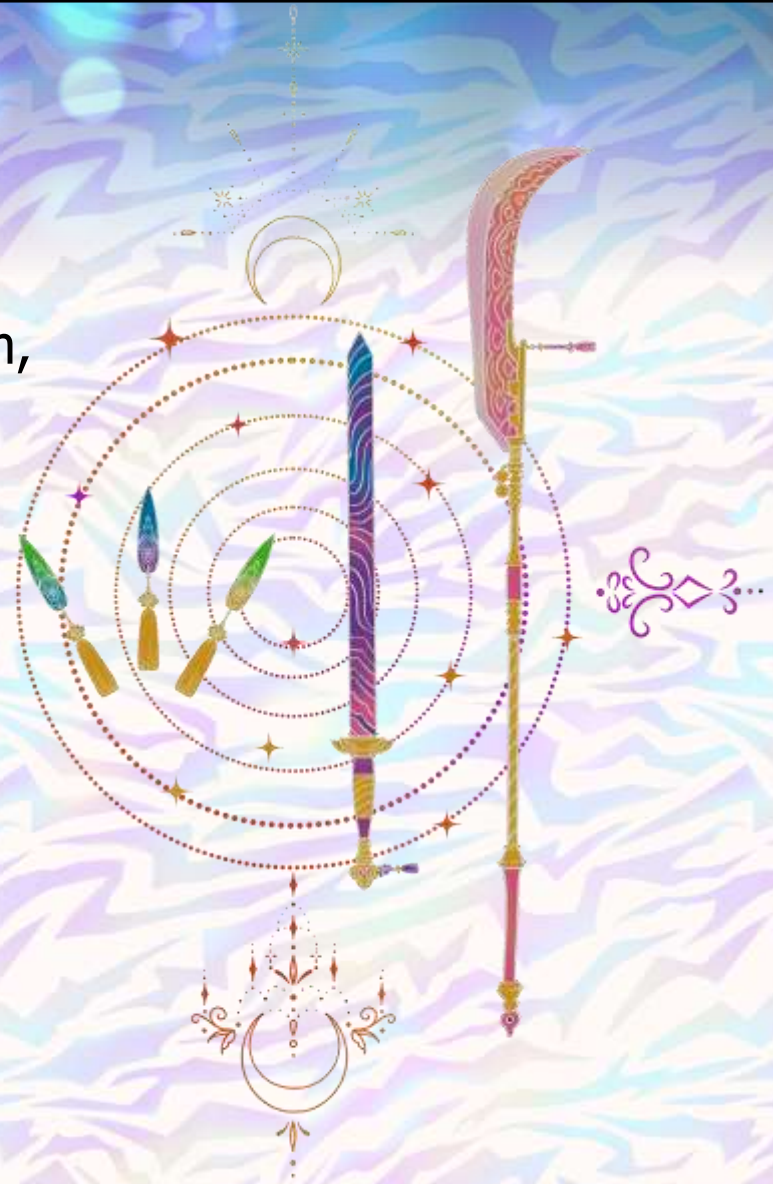


Image: Etsy - ZyloDigitalGoods

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.

The secret meaning behind Huntr/x's weapons

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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

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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

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."



Image: Etsy - ZyloDigitalGoods

Narrative Means to Therapeutic Ends 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.

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.
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MENTAL HEALTH RESOURCES

- I’m not a doctor, psychiatrist, 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 Crisis Lifeline (available 24/7).
  - 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.

THANK YOU







Name:

Type of Pattern:

- ❑ The Guard
  Shield: The Growth Pattern
- ❑ The Mirror
  Shield: The Self-Efficacy Pattern
- ❑ The Weight
  Shield: The Presence Pattern

Your Shield and Counter Melody:

Your Pattern Is A Superpower:

Name:

Type of Pattern:

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  Shield: The Growth Pattern
- ❑ The Mirror
  Shield: The Self-Efficacy Pattern
- ❑ The Weight
  Shield: The Presence Pattern

Your Shield and Counter Melody:

Your Pattern Is A Superpower:

BREAK THE PATTERN

SHIELDS/COUNTER MELODIES

The Growth Pattern ***Offsets: The Guard***

- Intellectual Humility
- Iterative Mindset
- Adaptive Agility

The Self-Efficacy Pattern ***Offsets: The Mirror***

- Evidence-Based Confidence
- Self-Compassion
- Internal Validation

The Presence Pattern ***Offsets: The Weight***

- Radical Acceptance
- Abundance Mindset
- Proactive Gratitude

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