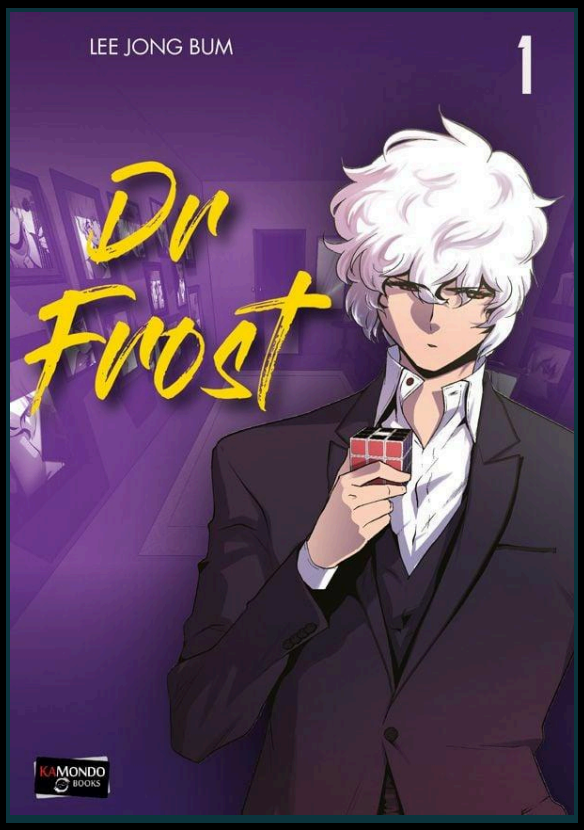
Dr. Frost Doc

Made by Muaaz(muaaze on discord) and Chronos(Chronos.Fear on discord)



FSIQ = Green

EQ = Orange

SQ = Teal

Reasoning = Dark Green

Thinking = Pink

EI/Psychoanalysis = Yellow

Planning/Strategy/Tactics = Cyan

Manipulation/Deception = Red

Miscellaneous(Anticipation, Observation, etc.) = Purple

The Bar Scene

At the start of the chapter, we meet a couple entering a bar. Inside the bar, there's Dr. Frost, who works as the receptionist. The boyfriend greets another receptionist there, showing that they know each other. They seem comfortable in the environment as they settle in and order some drinks. After a while, the other receptionist, likely trying to make conversation, asks the boyfriend, "Who's the lady?" The boyfriend then introduces the girl, explaining that she's his girlfriend and that they've been dating for two months. It seems like the relationship is fairly new, but serious enough for them to be spending time together in this kind of setting.

As time passes, the scene shifts to a more intimate moment between the couple. The boyfriend, trying to show affection, presents his girlfriend with a ring. The girl, clearly surprised by the gesture, mentions that the ring looks quite expensive. She seems to appreciate it, but there's a slight hesitation in her response. She tells him, "I would like to give you something in return..." but as she says this, she covers her mouth with her hand. This small action seems innocent, but it's an important clue that will come up later. It suggests that maybe she's not being entirely honest, or at least that she's holding something back. The boyfriend, however, doesn't seem to notice or mind. He reassures her, saying that it's okay and that they have the rest of their lives to take care of each other. His words are filled with hope and commitment, but they may not be received the way he expects. The girl responds by calling him cute, and she reaches out to touch his ears, an act of affection that again might seem natural on the surface, but carries more meaning than it appears.

While all of this is happening, Dr. Frost is quietly observing the scene. He's not just watching like any other person; his demeanor suggests that he's analyzing the situation. There's something about the couple's interaction that makes him suspicious, as though he can already sense that things aren't quite what they seem. He stays silent, but he's thinking deeply about what might really be going on between them. His experience with reading people's behaviors seems to put him on alert, even though there's no obvious sign of trouble at this point.

As more time passes, the girl's attention shifts to the wall behind the counter. She notices that the wall has strange symbols and drawings on it, and she comments that they look like masks. This might seem like a casual observation, but to Dr. Frost, it's much more significant. The mention of masks triggers something in his mind, confirming suspicions that he had already begun to form. He doesn't say anything just yet, but internally, he's piecing together clues that the boyfriend seems completely unaware of.

At this point, Frost takes note of the girl's body language. Specifically, he observes that she's sitting with her legs crossed, and they're pointed toward the exit. This is another subtle but important detail. According to Frost's understanding, people's body positions often reflect their mental state, even when they're not consciously aware of it. By crossing her legs in the direction of the exit, the girl is unconsciously signaling that she's not fully invested in the conversation or the relationship, and might even be thinking about leaving.

Shortly after this, the girl receives a text message and tells her boyfriend that she needs to step outside to make a call. The boyfriend, still oblivious to any problems, lets her go without any concern. As she leaves, he starts thinking to himself about how lucky he is to have found someone like her. In his mind, everything is going well, and he feels genuinely fortunate to be with her. Unfortunately for him, this happy thought is soon shattered. Dr. Frost, having observed the situation closely, interrupts and tells the boyfriend that his girlfriend won't be coming back. His statement is blunt and shocking, but he says it with complete certainty. The boyfriend, completely taken aback, can't understand how Frost could possibly know this. He had no reason to doubt her, and everything seemed fine to him.

Frost then explains that the truth was there all along, in the girl's behavior and body language. He tells the boyfriend that in this bar, people's thoughts reveal themselves unconsciously, as if they were looking into a mirror. Frost's sharp ability to read these hidden signals allowed him to see through the surface of the couple's interaction and understand what was really going on.

Frost goes on to break down the details that led him to his conclusion. First, he points out that the temperature in the bar is always kept at a comfortable 24 degrees, yet the girl was sitting with her legs crossed. This is an unnatural posture for someone who is supposed to be relaxed in such an environment. Frost explains that body language can reflect a person's true thoughts. In this case, the girl's closed posturecrossed legswas a clear sign that she was not mentally open to her boyfriend, even though she hadn't said anything outright.

Another clue, according to Frost, was the position of the girl's purse. He explains that when a woman first meets someone, she tends to keep her purse close because it's a personal and valuable item. However, as a relationship deepens and trust builds, she becomes comfortable with her partner being near it. But in this case, even after two months of dating, the girl still kept her purse away from her boyfriend. This indicated that she hadn't grown comfortable or close enough to him, suggesting emotional distance between them.

Frost admits that at first, he considered the possibility that the couple might have had a fight before coming to the bar, which could explain the girl's cold behavior. But he quickly ruled this out by observing how the girl reacted to receiving the ring. When she was given the ring, her eyes dilated, which is a physical reaction that shows genuine happiness. However, when the boyfriend talked about spending the

rest of their lives together, her body language changed. Frost noticed that she touched her ears when he said this, which is a common unconscious gesture people make when they hear something they don't want to hear. This subtle action told Frost that she wasn't as enthusiastic about the idea of a long-term commitment as her boyfriend believed.

Another detail Frost picked up on was the girl's facial expressions. Although her mouth smiled when she received the ring, her eyes did not. This lack of alignment between her smile and her eyes was a sign of insincerity. True happiness involves the whole face, especially the eyes, and the fact that her eyes didn't reflect her smile showed that her emotions weren't genuine.

The final piece of evidence came when the girl commented on the masks she saw on the wall. Frost explains that the wall is actually a psychological test created by a famous psychologist, designed to reveal something about a person's subconscious. The fact that the girl saw masks was significant because masks symbolize hiding or concealing something. This observation reflected her inner desire to hide the truth, reinforcing Frost's belief that she wasn't being honest with her boyfriend.

In the end, all of these small clues added up to a clear conclusion: the girl wasn't committed to the relationship, and she had been giving off signals of this throughout the evening, even if her boyfriend couldn't see them. Frost's ability to read these unconscious behaviors allowed him to predict that she would leave, and sure enough, she did. When the girl texted her boyfriend saying she wasn't coming back, it only confirmed everything that Frost had already known.

(PSI, WMI, VCI:Information, Emotional Perception, Emotional Understanding, Abductive Reasoning, Inductive Reasoning, Psycho-Analysis, Observation, Analysis, Analytical thinking, Associative Thinking, Cold Reading, See through People)

The Therapy Center

Dr. Frost, or as he's also known, as Baek, is invited by Professor Oh to join a therapy center as a way to test his skills. The professor sets up this trial period so that if Frost can demonstrate good results with clients, he'll have the opportunity to move up to a higher position within the center. Essentially, it's a test to see how effective his methods are in practice.

On Frost's first day at the therapy center, he meets his office assistant, Yoong. Right away, he instructs her to move the clock in the room. He explains that its current location would be distracting for clients and make it harder for them to focus during their sessions. He believes that having the clock too visible would cause clients to unconsciously track the time, taking their attention away from

the therapy. To avoid this, he tells Yoong that the clock should be placed in a corner, where it's out of the client's sight. This way, only Frost will be able to check the time without the client noticing. He also advises Yoong not to wear a wristwatch during sessions, as checking the time in front of the client would suggest a lack of interest in their story, something that could harm the therapeutic environment.

As the two continue to talk, Yoong, eager to learn more about Dr. Frost, asks him questions to get to know him better. Frost's responses are curious and a bit unconventional, quickly drawing Yoong into a deeper discussion. At one point, Frost makes a striking statement that leaves her puzzled. He says that it's a myth that people can truly "understand" one another's feelings. This remark immediately catches Yoong's attention, and she asks him what he means by that.

In response, Baek quotes a passage from one of his favorite books, a source of wisdom for him. The conclusion of the excerpt is clear and direct: "There is no definition of empathy or understanding of each other. Human beings cannot have empathy for other people. It's all an illusion." By this, Frost means that the idea of empathy, the ability to feel what another person is feeling is an illusion. In his view, it's impossible for one person to completely understand the emotions or inner experience of another. People might think they understand each other, but that connection is never as deep as it seems.

Baek goes on to explain how this belief affects his approach to therapy. Instead of trying to "empathize" with his clients, Frost relies on data. He gathers information from other cases and uses it as a reference when trying to help new clients. His method is scientific and detached, based on facts rather than feelings. He doesn't believe in trying to "feel" what the client is feeling, but rather in using objective information to figure out how their minds work. Indirectly, this also reveals something about Baek himself: his mind is like a library of data, full of knowledge and case studies that he draws upon in every session. This collection of information allows him to solve many cases and help his clients, even if his approach is more clinical and less emotional than one might expect from a therapist.

This explanation frustrates Yoong, as her own view of therapy is completely different. She believes that therapists should be empathetic and connect emotionally with their clients. To her, this emotional connection is essential in helping people open up and heal. She gets angry when she hears Frost's impersonal view of therapy, because it clashes so strongly with her own beliefs. In her opinion, therapy isn't just about solving problems logically it's also about understanding and caring for people on a human level. However, despite her frustration, Frost doesn't argue with her. He simply says that her way of thinking is valid, but it's not the way he works. For him, his method is based on data and logic, not emotional involvement.

Frost also makes another surprising claim during their conversation: he says that he doesn't understand emotions. This isn't just about not using emotions in therapy he means that he genuinely doesn't know what emotions feel like. He even hints that he doesn't really experience emotions himself, or if he does, he feels them at a much lower level than most people. This admission adds a new layer to Frost's character, suggesting that his detachment from emotion isn't just a professional choice, but part of who he is as a person.

The difference in their views causes tension between Frost and Yoong. While she values empathy and emotional connection, Frost values objectivity and detachment. He doesn't dismiss her point of view, but it's clear that he won't change his methods. For Yoong, this realization is frustrating, because she believes that a therapist needs to connect with their clients emotionally to be effective. For Frost, however, solving the problem logically and understanding the client through data is enough. This contrast between them highlights the central theme of the scene: the clash between emotional understanding and intellectual problem-solving in therapy.

(Tactics, Emotional Understanding, WMI, PSI, VCI, Info gathering, Knowledge, Knowledge Application, Self Awareness, Emotional Management, Self management, FRI(LR).)

The Empty Man

Not long after the previous situation, the man from the beginning of the story reappears. Earlier, Dr. Frost had given him a business card at the bar, offering to help him with something that seemed to trouble him. They engage in conversation, and during this time, Frost, who had already figured out that the man worked at a pharmacy, notices something unusual. He sees that the soles of the young man's shoes are quite worn, which means that he walks a lot, likely to make sales. He then observes the timeit's 4 PMand remarks to himself about the fact that the man is here in the middle of a weekday.

"If you've got so much free time that you can come here in the middle of the week, you must work outdoors quite often," Frost thought. His suspicions grow when he notices that the young man is using a special pen. This pen is only given to elite employees at Sangdong Pharmaceuticals, a detail that adds to the picture Frost is forming in his mind.

When they officially start the therapy session, Dr. Frost immediately picks up on the client's defensive posture. As usual, Frost tries to extract as much information as he can about the young man's situation. After hearing about the problems the man faces, Frost suggests a test known as the "Twenty Statements Test" (TST), where the client is required to write 20 sentences, each beginning

with "I...," describing things he likes or identifies with. Normally, this test only takes around five minutes, but Frost purposely omits this detail, letting the man take as much time as he wants to complete it. Afterward, the young man is asked to take another test, this time a much longer one called the Minnesota Multiphasic Personality Inventory (MMPI).

The MMPI consists of 567 questions and typically takes about an hour and a half to complete. However, the man, claiming he's too busy, finishes it quickly and hands in the test early without answering all the questions. As he leaves, he demands that Dr. Frost get the results to him promptly, showing a sense of entitlement and impatience.

After the client leaves, Frost asks his assistant, Yoon, to print out the results from the test. While doing so, Yoon thinks to herself that Frost is always complaining. To her surprise, Frost responds to this unspoken thought by telling her, "You better get used to it if you want to be a psychologist." This remark reveals that Frost has an uncanny ability to read people's minds, or at least their body language, so well that it's as if he knows what they are thinking.

After a while, the test results are ready. Frost carefully reads through them, and afterward, he decides to test Yoon's capabilities by asking her what she thinks about the case. Yoon gives her analysis, which matches what Frost had already concluded: the man is a classic narcissist. Dr. Frost had picked up on this long before the results confirmed it, based on the client's behavior and answers.

Once all the tests are analyzed, Frost concludes that in order to fully understand the man, he needs to look beyond the surface and dig deeper into his personal life. Frost then devises a somewhat questionable plan: he decides to break into the client's house to gather more information, and he plans to use Yoon as bait to lure the man away from home. The plan is that Yoon will call the client, Oh Jeonghyuk, and set up a meeting under the pretense of asking him more questions for an interview. She will have to pretend that she's romantically interested in him, as Frost explains that men are more likely to believe that a woman they're dating is in love with them than the other way around.

While Yoon distracts Oh on their "date," Frost will break into his house to better understand his way of life. Frost doesn't seem the least bit uncomfortable with the idea of breaking into a client's home, despite how ethically questionable it may be. Yoon, however, is completely against the idea, but she still obeys Frost's instructions, showing that outside of what we see, Frost has manipulated and persuaded her to go along with the plan.

Following the plan, the scene shifts to the execution. At first, Oh doesn't fall for Yoon's bait and remains skeptical. But Baek had anticipated this and had already prepared Yoon for the possibility. He had instructed her to keep her legs crossed in a particular way and to let one shoe hang loosely from her foot. She was also told to laugh while showing her wrist or to tuck her hair behind her ears so that her pulse would be visible. Frost even told her to wear a skirt for the occasion.

Essentially, Yoon's job is to seduce Oh as much as possible to keep him distracted.

While Yoon works on distracting Oh, Frost sneaks into Oh's house. However, there's a problem: the front door is locked with a password-protected system. To gain entry, Frost tries guessing the password. On his first attempt, he enters Oh's birthday, but that doesn't work. His second guess is an important date in Oh's life, but that fails as well. It's only on his third attempt that Frost successfully enters the house, although the password isn't revealed at this point.

But my theory on this:

Frost's process of abductive reasoning in discovering Oh's password:

P1: Frost's first clue comes from his immediate understanding of Oh's personality. From the start, Frost realizes that Oh is a classic narcissist. This is evident in the way Oh responds to questions and interacts with others. Throughout the therapy session, and especially in the results of the psychological tests like the TST (Twenty Statements Test), Oh's answers reveal that his primary focus is on boasting about himself and his achievements. Frost had already detected this narcissism before even looking at the test results, meaning that he had a clear idea of who Oh was deep down. This insight plays a crucial role in Frost's reasoning, as it provides a framework for understanding what is most important to Oh: his accomplishments and the validation he receives from others, particularly his mother. This ties into the earlier analysis where Frost realized that Oh's world revolved around his achievements and external validation, particularly his mother's praise, which shaped his entire identity.

P2: As Frost continues to investigate, he encounters further confirmation of his theory about Oh when he sees the family photo album. Upon viewing the album, Frost comments that it was "exactly what he expected." This simple statement holds significant weight, as it indicates that Frost had already developed a hypothesis about Oh's emotional connections and relationships before even stepping into the apartment. The family album serves as a key piece of evidence that reinforces Frost's understanding of Oh. The fact that Oh's family photos align with Frost's expectations suggests that Frost had already begun to piece together the emotional significance of Oh's mother in his life, even before encountering the password-protected door. The photos provide visual confirmation of Oh's narcissism and his need for approval, particularly from his mother, which had become a core aspect of his self-worth and identity.

P3: When Frost encounters the password-protected door, he takes a step back and reflects on what kind of password Oh might choose. Frost states that there are two key criteria for selecting a password: it must be something deeply personal and important enough that it can never be forgotten. This observation leads Frost to narrow down the possible options for the password. For someone like Oh, whose entire sense of self revolves around his achievements and the

validation of others, the password would likely be connected to a defining moment in his lifeone that is both highly personal and emotionally charged. Frost knows that Oh's life has been dominated by the pursuit of external validation, and so the password must be tied to an event that disrupted this pursuit and left a lasting emotional impact.

P4: Frost's understanding of Oh's psychology, reinforced by the TST results, leads him to conclude that the most memorable moment in Oh's life was being praised by his mother. Throughout Oh's development, his mother's approval had been the driving force behind his achievements and sense of self-worth. Oh's responses to the TST revealed that his identity was hollow, filled only with the validation he received from others, particularly his mother. This lack of internal substance meant that Oh had nothing to cling to except his accomplishments, which he pursued in order to continue receiving the praise that validated his existence. However, when his mother passed away, the source of this validation was cut off, leaving Oh unable to receive the praise and love he once thrived on. Her death became the most significant emotional event in his life, marking the end of the only meaningful connection he had. This realization leads Frost to conclude that the password must be tied to this moment specifically, the date of his mother's death.

C: From all of these observations, Frost arrives at the conclusion that the password is the date of Oh's mother's death. Throughout the session and his investigation, Frost pieced together clues about Oh's narcissism, his dependence on external validation, and the emotional significance of his mother's praise. The family photo album confirmed that Oh's identity was largely shaped by his mother's approval, and her death represented the moment when that approval was lost forever. This is why Frost believes that the password would be linked to this event. It is the most personal and important moment in Oh's life, a memory that he could never forget because it symbolizes both the end of his source of validation and the emotional void that he has been trying to fill ever since.(Huge Creds to Chronos)

Inside the house, Frost begins to analyze the space. He explains to the readers how a person's home is filled with hidden details that reveal a lot about their personality and lifestyle. While this is happening, we see that Yoon is keeping Oh engaged in conversation. Before the plan started, Frost had advised her to play into Oh's pride in his work, knowing that he sees his professional achievements as his greatest accomplishments. Frost told her to use this as a last resort if it looked like Oh was about to leave.

Things take an unexpected turn when Oh receives a notification that a package has arrived. He has to go out to retrieve the delivery, which puts pressure on Frost, who is still inside Oh's home. Meanwhile, Frost continues to explore the house, emphasizing how much a person's living space can reveal about them. As he looks around, he finds a family photo album. Frost comments that it's exactly what he expected, though he doesn't explain why at the moment.

While Oh heads back to his apartment, Yoon tries to stall him in the elevator to buy Frost more time. Meanwhile, Frost finds a room in the house filled with self-portraits of Oh. The room is a testament to Oh's narcissism, with countless images of himself decorating the walls. However, among all the self-portraits, there's one photo that stands out a picture of a woman.

At the same time, Oh is getting closer to his apartment, but Yoon manages to slow him down as much as she can. Just as Oh reaches the final corner before his apartment, Frost sees something on his phone that makes him decide to leave the house quickly. As soon as Oh rounds the corner, he finds Frost casually waiting for him, pretending to be there for a scheduled appointment.

The three of them enter Oh's apartment together, and Baek begins asking Oh some questions and making statements about the results of the tests he took earlier, particularly the Twenty Statements Test (TST). Frost explains in detail how the test works and how Oh's subconscious thoughts were reflected in his responses.

P1: Once Oh arrives at his apartment, Frost formally asks to enter and is allowed in. He begins by explaining the purpose of the Twenty Statements Test (TST). Typically, as one progresses through the assessment, their answers evolve from surface-level, social statements to deeper, more introspective reflections about their feelings and identity.

P2: Frost intentionally did not impose the usual five-minute time limit for Oh to complete the TST. This was done to test his earlier suspicion that Oh was emotionally hollow and unable to engage in deeper self-reflection.

P3: It took Oh four times longer than the standard five-minute limit to write 20 statements, suggesting that he struggled with the task.

P4: Frost views Oh's living room as a "name tag"—a space designed to showcase how someone wishes to present themselves to others. Oh's living room, much like his statements, reveals only superficial traits, reinforcing the idea that there is nothing deeper to display.

P5: Considering everything we've learned about Oh's personality so far, it becomes clear that his inability to move beyond superficial statements in the TST reflects a broader truth about his psychological state.

C1: Oh couldn't write anything deeper because he is incapable of introspection. His emotional void makes it impossible for him to explore or express anything beyond surface-level traits. Instead, they revealed that Oh had nothing significant to say other than boasting about himself. When it came to topics like friends, family, happy times, or sad times, Oh had little to offer. Everything seemed to revolve around him.

After breaking down Oh's mindset, Frost asks him a final, seemingly simple question: "If you were an animal, what animal would you be? Or what color would you be?" Oh has no answer to this, which Frost interprets as a sign of a deeper issue. He explains that during adolescence, people often define themselves by comparing themselves to animals, colors, or characters. Those who have never thought about such things have a harder time understanding their true selves. Frost warns Oh that if he continues down this path, he'll face significant problems later in life.

For the first time, Oh seems shaken and vulnerable. He asks Frost, "So... what should I do?" Frost sees this as a sign that Oh's defense mechanisms are starting to weaken.

Oh then shows Frost a photo album filled with pictures of himself, photos of him accomplishing things, learning new skills, winning awards, and so on. Frost points out a pattern he's noticed: after puberty, the number of photos with Oh's parents started to decrease until they eventually disappeared altogether. He explains that experts say photos with parents typically return after marriage, but in all of Oh's albums, there are almost no pictures without his mother.

Frost concludes that children often use their parents as a source of inspiration or as figures they want to emulate. However, people like Oh, who never received enough parental love, end up seeking love from others in a never-ending cycle because they can never feel satisfied. He then leads Oh and Yoon to the room filled with Oh's narcissistic self-portraits and reveals the picture of the woman that he found earlier. Frost tells Oh, "All the women you've ever been with were people who gave you love... in place of your parents."

Oh breaks down in tears, finally facing the truth about himself. In the middle of his crying, Frost holds up the photo of the woman, and the readers are finally told what the password to Oh's front door was: it was the date of his mother's death.

A few days later, Frost is explaining everything to Yoon. He tells her that Oh had mentioned dating 17 women, but in the room, there were only pictures of 16. This made Frost wonder: where was the 17

the woman? According to Frost, this last woman was different from the others. She was the only one who truly loved Oh for who he was, not for who he pretended to be.

A month later, Oh makes an unexpected visit to Frost's office, and he's not alone. With him is the girl from the photograph, the one who truly loved him.

(Connecting the Dots, Anticipation, Emotional Perception, Emotional Realization Abductive Reasoning, Inductive Reasoning, Associative Thinking, Strategic Thinking, Application Thinking, Emotional Perception, Tactics, Indirect Manipulation, Creativity, Observation, Perception, Logical Reasoning, Cold

reading, Anticipation, Info Gathering, Planning, Seduction, FRI, Risk Calculation, Psychology, Psych-Analysis, Lateral Thinking)

The Black Wave

Yoon was feeling impatient because one of her acquaintances was struggling to leave the house and attend school. Without needing her to explain the details, just by observing her facial expressions and behavior, Dr. Frost could already tell that Yoon wanted to ask him for help.

She then explains Nari's situation to Dr. Baek. Dr. Frost suggests they meet up, but Yoon says Nari isn't ready to see a therapist. With that information, Dr. Frost devises a plan. The plan is for him to pose as a private tutor for Nari, using Yoon as an excuse for why he was requested.

Frost proceeds to pose as the tutor, successfully convincing Nari's mother, and then begins speaking with Nari while pretending to be her tutor. During the conversation, he quickly realizes that Nari isn't tense and continues to maintain eye contact, signaling that she does not have social anxiety disorder.

Frost devises a psychological strategy to make Nari feel more comfortable. He tries to bring up deeper subjects during meals, as he notes that mealtime is when people are in a more relaxed psychological state. At first, Frost uses various behavioral tactics with Nari, such as:

- **Content repetition**
- **brief repetition changes.**
- **Reflection techniques.**

He also observed that she wasn't tense and maintained eye contact, while combining this with the anxious responses Nari gave in the questionnaire provided by Seonga. Dr. Frost decided that, for this particular case, he would need to build rapport with Nari, despite usually avoiding this. He used the following tactics to build rapport:

1. **He peeled and ate apples with Nari. This allowed her to act instinctively, rather than socially, making her feel more comfortable and less guarded. He explained that eating together can often help people open up, similar to how friends or blind dates start by sharing a meal.**

2. **He asked her questions, and when she said she didn't mind studying, he used a technique called "backtracking" by repeating what she said. He noted how rare it was for a student to enjoy studying and repeated her words to show he was listening.**

3. **He let her talk about the things she liked, knowing people often feel more at ease when discussing topics they are passionate about.**

4. **He used a technique called "mirroring," subtly imitating her actions, like taking a sip of his drink when she did, which signaled to her subconscious that he was a companion.**

After building rapport, Frost noticed that Nari spoke openly about school, which is rare for someone who dislikes it. Sensing an opportunity, he asked her directly why she refused to go. He added, "If your heart doesn't feel like going, there must be a reason, right?" This made Nari feel heard and reassured that he wasn't sent by her mother. Continuing the mirroring, Frost acted afraid of a cockroach, mimicking Nari's reaction. When he saw her body language upon seeing the cockroach, Frost inferred she had a panic disorder. He quickly covered her mouth to prevent hyperventilation and controlled her panic attack, using his knowledge of behavioral tactics.

The Premise

(P1): When Nari spots the cockroach, her body language changes abruptly, her breathing becomes erratic, and her physical reaction suggests she is about to lose control. This sudden escalation is a sign of an oncoming panic attack.

(P2): Frost, observing Nari's quickening breath and panicked state, knows from his experience that hyperventilation is a common reaction during panic attacks. Without immediate intervention, hyperventilation can worsen, leading to further anxiety and loss of control.

C1:

Based on Nari's immediate physical reaction and his knowledge of panic disorder symptoms, Frost quickly infers that she is about to hyperventilate and takes action by covering her mouth to prevent it, using his understanding of behavioral tactics and panic management.

Frost noticed that although Nari was open to talking about school, studies, and friends, she didn't display any aversion, which contradicted the assumption that school itself was the issue. This observation led him to believe that the root problem wasn't the physical place of the school.

Meanwhile, Yoon didn't know that Frost was carrying out this plan, but she found out when Nari's mother called her, asking about the new tutor. Yoon was shocked, remembering a warning from another woman that Frost was a dangerous man. While Yoon was on the call, a scream erupted from Nari's room. Frost had his hands over Nari's mouth, and it looked as if he was abusing her.

The scene shifts to the police station, where officers discuss Frost's situation. While they talk, Frost calls Yoon and tells her to visit Nari's house and then go to her school. Despite her anger, Yoon agrees to do it, as Frost insists it's in the best interest of the patient.

Frost tells himself that he has already figured out the core of Nari's problem, though he still doesn't know why she isn't opening up about it. This leads to a confrontation with Professor Song, an acquaintance of Yoon's, who criticizes Frost by saying, "You're even worse than I thought. I knew you weren't capable of helping people." Frost remains calm and retorts that Song is the one relying on second-hand information and assumptions. This infuriates her, but Frost doesn't get upset.

Frost also reminds Song that her most famous work was initially his, though he doesn't show any anger about her taking the credit. As Dr. Frost expected, Nari's house was far from her school. While examining the information on the side table, Frost realized everything was falling into place as he had predicted. He asked Yoon, over the phone, if there was a history of mental disorders on Nari's mother's side of the family. As he suspected, this was confirmed, which allowed Frost to solve the case.

Later, Nari began to have another episode and started screaming. Frost tried to help her, but the local police officers prevented him from intervening. Mrs. Song managed to stop Nari's screaming by covering her mouth. Frost broke free from the police officers and declared, "Nari has a panic disorder."

Frost then explained that panic disorders are caused by overwhelming fear and anxiety, making it impossible for the person to function. He described symptoms like cold sweats, dizziness, claustrophobia, and a racing heart, all of which Nari had exhibited. He explained that panic attacks mix emotions such as fear and anxiety, leaving the person paralyzed. Frost had gathered data from Seonga that showed Nari's susceptibility to anxiety, confirming his suspicions. He then calmed Nari down by talking to her and using a counting exercise to focus her attention elsewhere.

Frost explained that during Nari's panic attack, he covered her mouth to stop her from hyperventilating, as it is one of the best ways to handle such situations when no other materials are available. He then successfully managed to calm Nari down.

Dr. Frost explains how he reached his conclusion. Panic disorders commonly appear in individuals who are prone to anxiety, and based on the data from Yoon, it was clear Nari was susceptible. This information allowed Frost to understand what was going on.

He also noted that people with panic disorders tend to avoid certain situations. They fear open spaces with large crowds as well as enclosed spaces where they

feel trapped. This explained why Nari didn't use public transportation and was afraid of cars. She even avoided pedestrian walkways due to her panic disorder.

Frost had learned that there was construction along the route from Nari's house to school, leaving few places for her to safely cross the street. Since she avoided buses and pedestrian crossings, Nari took a longer route to school, which meant she would often arrive home early to avoid crowds. This behavior was consistent with her condition.

Frost explained that Nari's issue wasn't with the school itself, but rather her fear of the journey there, particularly due to closed spaces. When asked why he hadn't explained this earlier, Frost said it was because Nari wasn't ready to reveal her symptoms.

Earlier, when Frost asked Yoon if Nari had a family history of disorders, this was to determine if her anxiety was genetic. With this information, Frost was finally ready to make a definitive statement about Nari's condition.

(STP, Emotional Understanding, Emotional Perception, Emotional Management, Fast Thinking, Acting Skills, Tactics, Strategy Psychology, Psycho-Analysis, Observation, Perception, Deductive Reasoning, Abductive Reasoning, FRI, Intuition, Info Gathering, Info Control, WMI, Connecting the Dots, Crystallized Intel, Knowledge, Knowledge Application, Anticipation, Convergent Thinking, Associative Thinking, Application Thinking, Linear Thinking, Non-Linear Thinking)

Shy Guy

Dr. Frost informs his assistant Yoon that he will be going on a business trip and will be away for several days. He mentions that he will return in 10 days and advises her to do some research or work on a case during his absence. Yoon eventually finds the subject for her work, and although she seems to have solved the boy's problem, things take a turn. The boy, despite making progress under Yoon's guidance, loses the confidence he had gained when he attempts to ask out the girl he likes. (I have not explained what Yoon did, or else this arc would've long, because this is only a Dr.Frost Doc, even though its an analysis of each arc and feats of Dr.Frost)

At this point, something unexpected happens, Dr. Frost shows up earlier than planned. He could tell that Seonga had only accepted Jaeon's counseling because she felt confident she could handle it, but Frost noticed she wasn't getting to the root of Jaeon's psychological issues. He offers some advice, saying, "Experiencing rejection has a lot of different meanings." He knew that

this insight applied to Jaeon’s case, as Seonga had missed an essential point. She asked Jaeon if he had ever been rejected by a girl, but Frost suspected that Jaeon might have experienced a different type of rejection, one that had worsened his social anxiety. Frost intends to help Jaeon with his issues, but since the case is Yoon's, he limits himself to offering advice and tips.

Frost reviews the limited information that Yoon has gathered so far, and even though he isn’t directly involved, he hints at what might be going on with Yoon’s client. He suggests that rejection can have meanings that Yoon hadn’t yet considered, encouraging her to think more broadly about what might be troubling Jaeon.

Theory :

The theory is that Frost may have manipulated certain events indirectly. Since Frost enjoys having Yoon as his assistant, it's possible he orchestrated things like the content of Yoon’s paper to help advance her career. It is also likely that Frost lied about his business trip to push Yoon to find and solve a case independently. This would explain his sudden return, as he had likely set up the situation to encourage Yoon to resolve the client’s problem on her own. If this theory is accurate(which I doubt, since it lacks actual tautological proof) it shows how Frost executed a carefully crafted plan and manipulation, demonstrating his incredible tactical and psychological skills.

Frost eventually deduced that Jaeon’s social anxiety had worsened because two years ago, during the introductory psychology course, Jaeon was lightly mocked in front of his classmates, leading to everyone laughing at him. This public humiliation left a lasting impression on Jaeon, and he felt as if people still laughed at him, which fueled his anxiety. To address this, Frost contacted Professor Oh and gathered as many students as possible who had attended that lecture two years prior. He lied, saying it was part of a longitudinal memory study, and even offered a small financial reward for participating in the survey.

Premise :

P1: Dr. Frost observed that Jaeon’s social anxiety had worsened significantly, prompting him to investigate the underlying cause.

P2: Frost deduced that the trigger was an event from two years ago, during an introductory psychology course, where Jaeon was lightly mocked in front of the class, and everyone laughed at him.

P3: The public humiliation from this incident left a deep psychological impact on Jaeon, making him feel as though people continued to laugh at him long after the event, which further fueled his social anxiety.

P4: To address this issue, Frost decided to gather data from students who attended the same course two years ago. He contacted Professor Oh and organized a survey, falsely claiming it was for a longitudinal memory study to ensure participation.

C1: He deduced that his social anxiety has increased over a period of time. With limited information.

Frost's experiment involved distributing papers with four faces on them. Each participant was asked to answer whether or not they had attended Professor Seongsik Oh's introductory psychology course two years ago alongside the people on the paper. They had to mark "yes" or "no," and then rate how certain they were about their answer on a scale of 1 to 7. If they answered "yes," they were also asked to write any impressions they had of the students pictured. Among the four faces, there may or may not have been people who had taken the course.

Frost's goal was to dismantle the illusion Jaeon had about how others perceived him. Through this strategy, he aimed to show Jaeon that people no longer remembered his failure from two years ago, which had been a major source of his anxiety. Yoon raised concerns about the results not turning out as expected, but Frost had likely anticipated potential outcomes and remained confident that things would work out.

In the end, Jaeon realized that most people had forgotten about his past mistake, which allowed him to feel more at ease. However, there was one person who did remember him, the girl he liked. After seeing that she recognized him, Jaeon finally gathered the courage to ask her out.

(Strategy, Emotional Perception, Emotional Understanding, Emotional Management, Indirect Manipulation, Event Manipulation, Misdirection, Fabrication, (The theory if its correct) Anticipation, Info Gathering, Perception, Observation Deductive Reasoning, Social Awareness, Linear Thinking, Applicative Thinking, Strategic Thinking, Critical Thinking, Lateral Thinking)

The Tears Of Princess

Sihyun Park soon enters the bar with her boyfriend, Seokjoo Jeong. Mr. B, eager to serve them, offers to seat them at a table, but Seokjoo politely declines, stating that they would prefer to sit at the bar. Sihyun agrees without hesitation, going along with her boyfriend's decision. As they take their seats at the bar, Professor Frost, who had been quietly observing the scene, recognizes Sihyun as the woman he had been waiting for. Earlier, Seonga had been complaining to Frost about her friend, Sihyun, who had a tendency to get involved in bad relationships. Dr. Frost, intrigued by the pattern, suggested that Seonga invite Sihyun to stop by Bar Mirror, but warned her not to mention that there would be a psychologist present, keeping the setup casual.

Once seated, Seokjoo initiates a playful association game with Sihyun. He asks her what type of gift she would choose for a man: a nice suit, a handkerchief, a wallet, or a tie. Sihyun, clearly torn, expresses a desire to choose all of the options, but eventually settles on the handkerchief. Seokjoo then explains the symbolic meanings behind each item. The suit, he says, is meant to make a man stand out, the wallet signifies that the man is important to her, and the tie represents a desire to keep him close. When Sihyun inquires about the meaning of the handkerchief, Seokjoo smirks and states that it symbolizes devotion, a gift given with the intent of making someone happy.

At this point, Dr. Frost, who had been quietly observing their interaction, decides to join the conversation. He asks Seokjoo if he is familiar with the concept of mind games. He then begins to explain the subtle cues people display in their facial expressions. According to Frost, there are two types of expressions: long, maintained expressions and short, fleeting ones. He poses a question to Sihyun and Seokjoo, asking them which type of expression is more accurate in reflecting true emotions. Sihyun responds that the short, fleeting expressions are the most revealing, while Seokjoo dismisses the concept, claiming that reading faces is nothing more than fiction.

Dr. Frost, however, disagrees and begins to explain the scientific basis for microexpressions, tiny, involuntary facial movements that reveal a person's true emotions, often lasting only a fraction of a second. To demonstrate his point, he carefully observes Seokjoo's face and begins naming the emotions displayed one by one. First, he notes a flash of cynicism, followed by a look of being flustered. Frost elaborates on the work of John Gottman, a psychologist who, after just five minutes of observing a couple, could predict with 94% accuracy whether they

would divorce within three years. According to Frost, the appearance of scorn or cynicism is a major red flag, and once these emotions surface regularly, the relationship is essentially doomed. As he delivers this explanation, he points out that Seokjoo had shown these emotions throughout the entire conversation.

Seokjoo, feeling exposed and offended, grabs Sihyun and tries to leave the bar. Before they can exit, local detectives apprehend Seokjoo. It is revealed that Seokjoo is a well-known scammer who has been defrauding women for some time. As Sihyun realizes what has happened, she breaks down in tears, lamenting why she always ends up in such situations. Dr. Frost, showing empathy, tells her to meet him at Yonggang if she ever feels ready to talk.

Later, Sihyun opens up to Dr. Frost about her history of bad relationships. She recounts how her first boyfriend, whom she met in university, left her as soon as he finished his exams. Her second boyfriend, for whom she waited while he completed his military service, left her for another woman. Her third boyfriend did the same. She also shared stories of other men who were only interested in her for her body or money. When Frost asks her why she thinks this keeps happening, Sihyun initially blames the men, calling them jerks, but she eventually calms down and admits that she might have a problem and is seeking help.

Dr. Frost begins to suspect that Sihyun might have a dependent personality disorder. To further investigate, he asks her to take a few psychological tests, one of which is the HTP (House-Tree-Person) test, designed to bypass the usual defense mechanisms and allow the subject's subconscious thoughts to come forward. After she completes the test, Dr. Frost notices something unusual. Sihyun drew a middle-aged woman when asked to draw a person, which struck Frost as odd. Her drawing of a house featured only a window, with her mother and father inside. Frost, curious, asked her who the two figures outside the house were, and Sihyun responded that they were her parents. He then asked where she was, and she answered that she was inside, looking out of the window.

Frost analyzed the drawing of the house and explained that the fence without a door might symbolize a fear of the outside world, while the parents standing outside the house could represent her dependence on them. The drawing of the tree, stripped of leaves and fruit, indicated a barren self-image, as trees in such tests often reflect how one views themselves. Her drawing of people seemed to show how she was influenced by her parents, particularly her father.

After reviewing the test results, Frost considered that Sihyun's case might indeed be a form of dependent personality disorder. However, he noticed something odd. Typically, individuals with this disorder do not display anger or argumentative behavior, but Sihyun had shown both when she talked about her past relationships. This inconsistency prompted him to dig deeper.

Dr. Frost had Seonga arrange meetings with Sihyun's ex-boyfriends. Through these conversations, he noticed a pattern. Sihyun tends to jump from one relationship to the next with little time in between, which is a common behavior for someone seeking someone new to depend on. Frost ruled out borderline personality disorder (BPD), as individuals with BPD often seek revenge, and Sihyun showed no signs of such behavior. Her ex-boyfriends all mentioned that she had been overly clingy and seemed to lack autonomy in the relationship.

Dr. Frost then involved Seonga, asking her what the second axis of personality disorders was. After her response, Frost suggested that they meet with Sihyun's parents, as personality disorders are often chronic and deeply rooted in family dynamics. When they met Sihyun's parents, Frost could see that her father was anxious about her receiving psychological treatment, while her mother remained calm. The mother mentioned that Sihyun had never depended on her but had always been more reliant on her father.

As Frost continued to inquire about Sihyun's childhood, her mother revealed that she had been involved in the Sundong Bridge accident when Sihyun was very young, which had left her sterile. This detail struck Frost as significant, as he had noticed that Sihyun would often rub her belly, perhaps a subconscious reaction tied to her mother's condition.

Upon leaving, Frost noticed that Sihyun's mother had a glass eye, as one of her pupils did not move and she misjudged distances. Her husband also tended to sit on the side of her without the burn mark. Frost inferred that Sihyun's mother was likely blind in that eye. This, combined with his earlier observations, led Frost to hypothesize that there might be deeper psychological issues at play. He then explained to Seonga how dependent personality disorders often stem from one of three causes: overprotectiveness, physical disabilities, or indifference from parents. However, none of these qualities seemed to apply to Sihyun's parents.

As Frost continued to observe, Seonga casually remarked that Sihyun's ex-boyfriends seemed to remind her of her father. This led Frost to consider the possibility that Sihyun might have developed an Electra complex or was attempting to fill a void by depending on men similar to her father. He decided

to take a deeper look into her past, even considering the use of hypnosis to uncover repressed memories.

Frost conducted retrograde hypnosis on Sihyun, explaining that the technique could help her recall memories that she might not normally remember. As she went deeper into a hypnotic state, Sihyun recalled her father picking her up from school, explaining that she would be teased if her mother came instead. As they delved further back, Sihyun began to recall memories from when she was as young as three years old. She described being hungry and crying for her mother, remembering the smells of wood, air freshener, and mothballs. Frost inferred that at that moment in her memory, she was in a closet, which led him to suspect that her biological mother might have suffered from long-lasting postpartum depression and had abused her as an infant.

Upon piecing together these fragments, Dr. Frost asked for Sihyun's parents to come immediately. Once they arrived, Frost explained the results of the hypnosis. Sihyun, deeply upset, confronted her mother about the abuse she had experienced as a child. However, Dr. Frost interjected, clarifying that Sihyun's mother was not her biological mother and likely was not the one responsible for the abuse. Frost had suspected this earlier, noticing inconsistencies in Sihyun's mother's medical history and her apparent lack of connection to the deeper causes of Sihyun's personality disorder. Then, The Father goes on explaining it. Which I won't go to, to maintain clarity

Frost then explained that while postpartum depression could lead to infant abuse, it didn't apply in this case, as Sihyun's biological mother had been sterile for a year before Sihyun was born. He suggested that Sihyun's trauma likely came from her biological mother, which explained why her father had left

and why Sihyun had developed a complicated relationship with him. Subconsciously, Sihyun had viewed her father as an enemy, even though he was protective of her. This led to her developing dependency on him, which buried her feelings of hostility deep in her subconscious.

Ultimately, Frost concluded that Sihyun's issues stemmed not from a typical dependent personality disorder but rather from a dependency tendency caused by early childhood trauma. He explained that long-term therapy could help her recover, as the trauma was based on perceived rejection from a parental figure. Frost then handed the case over to Professor Song for further treatment.

(PSI, VCI:Information, Knowledge, Observation, Anticipation, Perception, Deductive Reasoning, Abductive Reasoning, Applicative Thinking, Associative

Thinking, Lateral Thinking, Analytical Thinking, Faster Thinking, Emotional Preception, Emotional Understanding, Emotional Preception, Info Gathering, Info Control, Strategy,)

Desires Of Others

Anna is a famous celebrity who recently debuted her first solo album and is making an appearance on a talk show. During the interview, the host asks her about how the death of her close friend and mentor, Sena, has impacted her. Anna explains that she managed to cope with the grief thanks to the support of her boyfriend, Mr. J. Hearing this, her fans go wild, demanding to know who this mysterious boyfriend is. Anna's manager, Mr. Jeong, is frustrated by her for revealing such personal information, especially as they were driving back to Yonggang University. Mr. Jeong chastises her, concerned that such statements may stir unwanted media attention.

Meanwhile, Dr. Frost is in his counseling office, playing around with a pen that he has attached a camera to for experimental purposes. Seonga, his assistant, is concerned about the safety of the experiment, but Dr. Frost seems undeterred. Just then, Professor Oh enters the room, complaining that his class has grown too large, and he doesn't want to teach so many students. Dr. Frost offers to take some of the students off his hands, which Professor Oh accepts. One of these students turns out to be Anna Jang, now the center of attention on campus due to her growing fame.

In Dr. Frost's class, he informs his students that his course will not require them to take attendance or exams. Instead, they are required to write a final paper on the "desire of others." He encourages students to come to his counseling center if they have any personal concerns they can't discuss in public. Seonga becomes perplexed when she sees notes about Anna Jang in the counseling center, questioning why Dr. Frost would be focusing on her. Just then, Anna walks into the center for her first counseling session.

Anna confides in Dr. Frost that she has been dealing with a stalker who has been following her for some time. The stalker has been sending her threatening emails and even hacked into her personal blog, posting private photos of her. On top of that, her ring recently went missing, and she suspects the stalker may have taken it. She admits that she tried to reason with the stalker but was

ignored. Upon hearing this, Seonga advises Anna that reasoning with a stalker only reinforces their behavior. Dr. Frost gives Anna advice and practical tips for the future, stressing the importance of taking this threat seriously.

Dr. Frost also explains to Anna that stalkers are often intelligent and methodical, with psychological conditions such as delusional disorder driving their obsession. He clarifies that stalkers don't choose their targets randomly but instead focus on people they believe will respond to them in some way. The professor highlights that this stalker has taken something valuable from Anna, her ring, which shows a desire for possession. He asks her if she ever responded to the stalker's emails, and when Anna admits she tried to reason with them, Seonga interjects again, warning her about the "partial reinforcement effect," which teaches stalkers that any attention is rewarding, even if it's negative. Dr. Frost furthers the explanation by noting that stalkers have fragile egos and thrive on attention, whether it is positive or negative, forming relationships that are based either on destruction or possession.

Dr. Frost makes an educated guess that, since Anna is a female celebrity and no physical harm has been done yet, the stalker is likely a woman. He advises Anna to inform the police immediately, noting that most stalkers aim to gather as much information about their target as possible. To counter this, Dr. Frost gives her several precautionary tips to protect herself and her personal information, including:

- Avoid logging into public computers.

- Record phone calls before answering.

- Use protective phone apps that send GPS locations to friends or family.

- Keep records of all communications with the stalker for potential legal action.

- Place men's shoes or underwear outside her home to deter the stalker from dangerous activity, especially if she lives alone.

- Be mindful of what she throws away, as personal information can be found in discarded items.

Later, Anna is surfing the internet when she stumbles upon hateful comments directed at her. She reflects on how her late mentor, Sena, had once comforted her during similar situations, and it gives her some comfort. At the same time, Anna contemplates texting Woojin, her current love interest, but holds back.

Woojin, who is also dealing with gossip surrounding his connection to Anna, grows more concerned about their situation.

Mr. Jeong, Anna's manager, scolds her for not telling him about the stalker sooner. As they drive together, Mr. Jeong opens up to Dr. Frost, telling him that he has been managing Anna for seven or eight years, since before she even started training with the Cubic Girls, her former pop group. He gives Dr. Frost a copy of the Cubic Girls' last album, which piques Dr. Frost's interest. Seonga, curious as well, asks Anna what it was like being a celebrity at such a young age. Anna recalls her difficult early years and a specific interview that drew harsh criticism. One of her bandmates, Lena, had openly criticized her, claiming Anna wasn't putting in enough effort, as the industry was incredibly ruthless. Despite this, Anna insists that she loved those days, even though they were tough.

Dr. Frost and Mr. Jeong later head to the police station, where they learn that the stalker has been caught. The stalker turns out to be the vice president of Woojin's fan club. In a fit of anger, Mr. Jeong yells at the stalker for causing so much distress to Anna. Dr. Frost quietly observes the situation, noting Mr. Jeong's unusually strong emotional reaction. When questioned, the stalker denies stealing Anna's ring and claims she only went through Anna's pictures to prove that she wasn't dating Woojin. The stalker then suggests that if anyone truly dislikes Anna, it's Lena, who fell from grace after the Cubic Girls disbanded.

Dr. Frost becomes intrigued by this revelation about Lena. After the Cubic Girls broke up, Anna's manager worked tirelessly to launch her solo career, but Lena wasn't as fortunate. Lena's manager abandoned her after determining that she didn't have enough singing talent, and she ended up signing with agencies that led her into modeling for adult magazines. The stark difference in their post-group treatment left a permanent strain on Lena and Anna's relationship. Meanwhile, Woojin's manager tries to calm him down, reminding him that he has other responsibilities, but Woojin can't stop worrying about the rumors surrounding him and Anna.

While all this is happening, Mr. Jeong hears that Anna lost her makeup kit and goes to retrieve it from the car. When he searches under the seats, he finds the ring that Anna thought had been stolen by the stalker. As Mr. Jeong walks back from the garage, he stumbles upon Anna and Woojin talking. Woojin asks why Anna is acting distant, and Anna confesses that she needs to break up with him because he's going to Japan. Woojin, shocked and hurt, pushes her away. Witnessing this, Mr. Jeong loses his temper and punches Woojin in the face. Dr. Frost's camera pen, which had been hidden in a potted plant, captures the entire confrontation.

Later, Dr. Frost is called by the police to inform him that they caught the stalker. After retrieving his camera pen from the garage, Dr. Frost reviews the footage. He analyzes the scene of Mr. Jeong's confrontation with Woojin and notices Mr. Jeong's intense emotional response. Dr. Frost explains that such strong emotions can resurface years after being triggered by a similar situation, forming reflexive behaviors learned over time. In Mr. Jeong's case, this specific interaction with Woojin caused him to react impulsively, leading to the punch. Dr. Frost begins to put together a strategy for gathering more information about the complex relationships between Anna, Woojin, and Lena.

Dr. Frost had anticipated a confrontation between Mr. Jeong and Woojin and had set up his pen camera to capture the incident. His strategic approach included the following steps:
1. He placed the pen with a camera behind a plant in the garage, anticipating a conflict.

2. He expected Mr. Jeong to physically confront Woojin.

3. Dr. Frost believed that this altercation, if caught on camera, could make headlines, but the news wouldn't necessarily report the full story.

4. By capturing this moment, Dr. Frost gained leverage to talk to Woojin through Woojin's manager, knowing he now held valuable footage.

5. Dr. Frost used this evidence to learn more about Woojin's relationship with the Cubic Girls and confirm some of his suspicions.

This clever maneuver gave Dr. Frost the upper hand, allowing him to dive deeper into Anna's mental state and her relationship with Woojin. He suspected that Anna was in the early stages of delusional disorder, a condition often found in people who live to please others. Over time, she began confusing herself with Sena, her mentor who had died. Dr. Frost deduced this from several clues:

1. Woojin had never actually dated Anna, he had dated Sena.

2. Woojin's fearful reaction, captured on Dr. Frost's camera pen indicated that he was terrified, not of the scandal, but of Anna's delusions.

3. Reporters, usually keen on celebrity scandals, had no knowledge of these supposed rumors, which suggested they might be fabrications by Anna herself.

4. Anna's behavior fit the profile of someone trying to live up to Sena's expectations and legacy, especially since she had been thrust into the entertainment industry at a very young age.

With these findings, Dr. Frost devised a therapy strategy that would help Anna confront her delusions. He instructed Mr. Jeong to lie to Anna and tell her that the publicity from

The scandal resulted in minor consequences for him and an opportunity for Anna to star in a movie reflecting her own life story. This way, she could use acting as a form of psychodrama to work through her delusions. Dr. Frost brought in several people to help stage this therapy, including Seonga and Lena.

With the success of Dr. Frost's intricate plan, Anna slowly began to confront the reality that she had been living in the shadow of her late mentor, Sena. The realization was emotionally overwhelming for her, but it was necessary for her mental health. As she acted out the role of Sena in the psychodrama play, she started to recognize the weight of the expectations she had placed on herself, trying to become someone she was never meant to be. The staged scenes forced her to reflect on how deeply she had been influenced by Sena's legacy. As the play progressed, Anna became visibly uncomfortable, her anxiety growing as she attempted to embody a character that no longer felt like her own.

The moment of true clarity arrived when Anna, in the middle of the play, took off the ring, a physical and symbolic representation of Sena's lingering presence in her life. This ring, which had once belonged to Sena, had become a symbol of Anna's attempt to fill the void left by her mentor's death. By removing it, Anna was finally releasing herself from the delusional belief that she had to live up to or replace Sena. In doing so, she took the first steps toward reclaiming her identity, separate from her past, and acknowledging that she was her own person. The act of taking off the ring was more than just a theatrical gesture; it was a deeply emotional and psychological breakthrough for Anna.

This therapeutic breakthrough was only possible because of Dr. Frost's careful planning and understanding of Anna's psychological state. He knew from the beginning that direct confrontation of Anna's delusions would only push her deeper into denial. Instead, by allowing her to live out her fantasy in a controlled, therapeutic environment, he gave her the tools to come to her own realization. Dr. Frost understood that simply telling Anna she was confused wouldn't help; she had to experience the cognitive dissonance herself, coming to the conclusion that her identity was distinct from Sena's. This approach, known as

psychodrama, was crucial in allowing Anna to confront her subconscious fears, anxieties, and desires without feeling attacked or judged. Through this therapeutic play, Anna gradually began to separate her own identity from that of her mentor, understanding that she could be successful and fulfilled as herself, rather than a mere shadow of someone else.

After this breakthrough, Anna's transformation became apparent to those around her. Her personality began to shift from trying to emulate the "cute" and "idolized" persona that Sena had perfected, to one where she embraced her own identity and aspirations. Shortly after the play, she appeared on a talk show once again, but this time there was something different about her demeanor. Gone was the overly sweet and accommodating persona that fans had come to expect from her. Instead, Anna presented herself with a newfound confidence. She explained that while she was still relatively new to acting, she was enjoying the challenge and looking forward to growing as both an artist and a person. Her focus had shifted from seeking approval and admiration to genuinely wanting to understand herself and her place in the world.

Anna's new single, "Journey," reflected this inner transformation. It wasn't just a song about love or fame, but about personal growth, self-discovery, and the winding path one must take to truly understand themselves. The lyrics spoke of leaving behind old identities and embracing the uncertainty of the future, a clear metaphor for Anna's own journey out of Sena's shadow and into the light of her own selfhood. For the first time in her career, Anna seemed at peace with who she was becoming, rather than who others expected her to be.

Behind the scenes, Dr. Frost remained satisfied with the progress Anna had made. He had observed her development closely, and while he knew that the road ahead wouldn't be without challenges, he believed that Anna now had the tools to deal with her issues in a healthier way. She had joined a theater company, which Dr. Frost saw as a promising outlet for her emotions and creativity. Through acting, Anna could continue to explore her identity in a structured and constructive environment, rather than through the distorted lens of delusion and external validation. Acting allowed her to express herself, but also gave her the chance to explore different facets of her personality without losing herself in the process.

Seonga, who had also been closely involved in Anna's case, remarked on how far Anna had come. She had noticed that Anna's artistic endeavors were not only helping her cope with her past but were also offering her a new avenue to explore who she was beyond her career as a pop idol. It seemed that theater was giving Anna a sense of freedom and personal expression that she hadn't

experienced in the restrictive world of music and entertainment. Dr. Frost was particularly pleased to see Anna channeling her experiences into her craft, knowing that this would help her develop a more grounded and resilient sense of self.

As the episode concluded, In one final gesture of progress, Dr. Frost decided to grade the final papers of his students. While he typically did not give much attention to grading, he made an exception for Anna Jang. Upon reviewing her final paper, which detailed her thoughts on the "desire of others" and her own struggles with identity, Dr. Frost saw a level of introspection and self-awareness that he had been hoping for all along. Her paper, a reflection of her journey from delusion to self-realization, was thoughtful and well-articulated. Dr. Frost gave Anna an A+, recognizing the enormous strides she had made not just academically, but personally as well.

Solar Eclipse of Two People

IMPORTANT: This is the final arc of season one, serving as a flashback that delves into Dr. Frost's college years, which he recalls in the present day. The entire arc revolves around Frost's exceptional long-term memory. He remembers every detail of the events from those years, including the exact lines he said to Seon when they first met. This memory helps him navigate his interactions with Seon in the present, which are confirmed to be accurate by her current behavior. In the present, Seonga is overjoyed because she has been accepted into the graduate program and received a scholarship. Professor Chun informs her that she can apply to work in any of the university's labs, including his own. However, Professor Baek is not currently accepting students as he doesn't have a lab. Seonga asks why Baek and Professor Song have such a strained relationship, to which Professor Chun explains that they were once close friends and a great team.

Ten years ago, when Professor Baek and Professor Song were still graduate students, Professor Chun encouraged Nambong to try his hand at counseling, even though Nambong didn't feel ready. After a meeting, Seon greets Nambong and asks why he annoyed a classmate. When he responds with a robotic answer, Seon remarks that she's glad he's not counseling. Later, Nambong asks why Seon is interested in counseling, and she reveals that her younger sister is mentally ill, and she wants to help her. Nambong questions whether it's strange to study psychology to get to know someone better, but he doesn't elaborate further.

Seon later talks to her sister, Seol, about Nambong, describing him as cold but funny. Seol, who is dissatisfied with her current counselor, asks more about him. When Seon asks why she isn't happy with her current therapist, Seol complains that he only prescribes medication and expresses frustration when Seon assumes things about her. After calming down, Seol apologizes and begins to cry. Seon reassures her, telling her that many people with borderline personality disorder can get through it, and that she is doing well.

Nambong later stumbles upon Seon's dissertation on borderline personality disorder and begins skimming through it. Meanwhile, Seol visits the counseling center and asks if Nambong offers counseling. Initially, Nambong discourages her, suggesting that her past counseling experiences failed because she was inconsistent and didn't like the way the therapists treated her. This angers Seol, who yells at him before calming down and asking if she looks crazy. Nambong eventually agrees to counsel her and brings in Professor Chun to help. He also reviews Seon's experiment design and offers her constructive advice on how to get honest survey responses without being too direct.

Seon warns Nambong not to get too close to Seol, explaining that Seol has always been the black sheep of their family and has a tendency to cope by stealing Seon's boyfriends. Nambong isn't overly concerned but grows curious about Seol's family. When he asks Seol about her family, she praises her sister, calling her an amazing person. However, she refuses to talk about her parents, explaining that her father doesn't like her and her mother is too focused on her career. She then expresses sympathy for Nambong's situation, assuming he must have it worse. Nambong brushes off the conversation, telling Seol that her assumptions are simply symptoms of her disorder.

Nambong notices several signs that point to Seol's borderline personality disorder, including

- **self-inflicted harm marks on her wrists,**
- **extreme shifts between idealizing**
- **devaluing him,**
- **her uncontrollable rage when things don't go her way. Despite the clear indications of BPD**

Nambong decides to run a few tests, including the sentence completion test. He explains the concept of psychological contamination, meaning that Seol, having been exposed to various psychological evaluations before, may already be familiar with the tests. She then shows him a drawing of a tree, which she had

put on the cover of her notebook. Nambong observes that the artistic skill is irrelevant in such tests, but the roots and the branches provide insight into her struggles with reality, her feelings of weakness, and her deep desire for affection.

Nambong explains that BPD, like dependent personality disorder (DPD), stems from a fear of abandonment. However, while DPD patients respond by seeking to please others, BPD patients react with rage and unreasonable demands. If they detect sympathy from someone, their ego becomes attached to that person, and they shower them with compliments. However, if that person pulls away, the patient becomes explosively angry. This cycle of unstable relationships is common in those with BPD, as they jump from one relationship to another, constantly seeking validation. Nambong observes Seol's seductive behavior, which he compares to histrionic personality disorder, but he remains focused on understanding her family dynamic.

When Seon referred to Seol as the black sheep of their family, Nambong remembered Whitaker's black sheep theory, which suggests that individuals labeled as the black sheep often reflect deeper family issues. In Korean society, where family therapy is less common, this is particularly difficult to address. The black sheep is usually blamed for the family's problems, even though their behavior is a symptom of larger underlying issues. Nambong also notes that when Seol talks about her family, she mentions her sister first and avoids discussing her parents, which aligns with Seon's belief that Seol harbors a superiority complex toward her.

During counseling, Nambong recognizes that Seol's black-and-white thinking may have been influenced by her mother, who likely exhibited volatile behavior. This led Seol to view people in extremes, contributing to her BPD. He infers that Seon may have her own psychological issues, possibly adopting a white knight complex where she feels responsible for saving her sister.

Seon later invites Nambong to join Professor Chun's research team, and he agrees. The two decide to go out for drinks, but as they leave, Seol sees them together and becomes jealous. In a fit of rage, she smashes her phone and storms off to her house, where she further vents her frustration by breaking items, including her fishbowl. Heartbroken by her actions, she apologizes and confesses that she can't handle the stress anymore.

As Nambong continues to counsel Seol, she reveals that things worsened after Seon went to university, leaving her alone with their mother. This lack of attention likely contributed to Seol's black-and-white thinking and eventual

development of bipolar disorder. Nambong begins to suspect that Seon plays the role of the white knight in the sisterly dynamic, always trying to save Seol but possibly suffering from her own mental issues. Seol calls Nambong in distress, thanking him for his sessions and saying she can't handle things anymore. Nambong rushes to her side, but upon seeing her safe, he realizes that her threats of self-harm were a tactic to gain his attention.

During their sessions, Nambong empathizes with Seol by telling her about a man named Gage whose personality drastically changed after suffering head trauma. He then shares his own experience of being part of an experiment where some of his emotions disappeared. Seon apologizes to Nambong for her earlier behavior, but he assures her it's normal. Later, he goes to Seol's atelier to model for her while she paints. He suspects that what she draws may provide valuable insight into her mind.

While snooping through her art room, Nambong analyzes her drawings and notes three key elements:

- **an assertion of her identity**
- **devices she uses to control her emotions**
- **and traces of repeated behavior.**

These drawings serve as a window into her psychological state. Seol, who prefers calmness to the rapid flow of her emotions, compares people to canvases, noting that she can't sense anything from Nambong's face. She feels that having no emotions is like being trapped in an abyss. When Nambong asks why she drew him smiling, Seol responds that it's because he never smiles.

As Seol grows closer to Nambong, Seon becomes more distant and solemn. Nambong notices that Seol opens up more easily when she is absorbed in her work, which helps stabilize her emotionally. However, when Seol is late to one of their sessions, Nambong enters her atelier alone and finds a painting of himself as a child standing in front of a window, titled "Where to Go." The discovery unsettles him, and when Seol returns, he has already left.

At a research banquet, Seon confides in Nambong that Seol's symptoms worsened whenever she was abroad. Nambong explains that he had seen inside Seol's closet, which was filled with paintings of Seon. This leads him to conclude that Seon is the most important person in Seol's life, but due to Seol's disorder, she idealizes her sister in a potentially dangerous way. Seol's obsession with Seon likely explains her behavior, such as stealing Seon's boyfriends. The paintings serve as a manifestation of this idealization.

Nambong deduces that Seol's attachment to Seon began with admiration but turned into possessiveness. Seol's desire to keep Seon's attention all to herself explains why she sabotaged Seon's relationships. Furthermore, her suicide attempts were a way to control Seon's attention, not Nambong's. Seol's dependency on her sister ran deep, leading to emotional outbursts whenever she felt neglected.

The following day, Seon, Chun, and Oh discuss their new research project. Seon, having recently cut her hair, is mildly annoyed that Dr. Frost didn't notice. Meanwhile, Nambong receives a message from Seol asking him to meet her at her atelier, but when he arrives,

he finds the painting of himself and becomes agitated. Later, as Nambong and Seon drink at the banquet, Seol attempts to call her sister in distress. She has overdosed on pills and is dying, yet Seon doesn't pick up the phone.

At Seol's funeral, Seon tries to remain strong, but upon seeing Nambong, she collapses in grief. She listens to a message from Nambong, who asks her to collect her files when she has time. Concerned for Nambong's emotional state, Seon worries that her pain may also be affecting him. When Seon arrives at the university, she overhears a conversation between Nambong and Chun. Nambong admits that Seol was the most fascinating case he had ever worked on, and that counseling her had been a fruitful experience. His detachment horrifies Seon, and in a fit of anger and sorrow, she accuses Nambong of being responsible for Seol's death.

In the aftermath, Nambong is sent to work under another professor in the States, but he makes little progress emotionally. He advises Seonga to find a different mentor, believing that he isn't the right person to guide her. However, Seonga remains convinced that Nambong, despite his cold exterior, is not the heartless person others see him as. She insists that she wants to continue studying under him, but Nambong cautions her, urging her not to become like him, and suggests she pursue opportunities abroad.

Persona

At the 66th Cannes Film Festival, Joonho Park wins the prestigious Golden Palm award. Excited by his achievement, he goes to congratulate his lead actress, Sungmi Yoo. However, during the middle of the event, Sungmi tragically commits suicide. This shocking event casts a dark shadow over the festival.

Meanwhile, at the counseling center, Seonga Yoon is feeling a bit irritated by a request from Nambong. Professor Chun believes Seonga has been a positive influence on Nambong, but he also worries that Nambong could have a negative effect on her development.

Anna visits Seonga at the center and shares that she has a temporary manager while Mr. Jeong, her regular manager, is away on a business trip. Recently, Anna was cast in Joonho Park's new film, and she seeks advice on how to improve her acting. However, the professor declines to offer her advice. Anna mentions that her psychiatrist reminds her of the professor because of how cold they both seem. The film she is working on centers around a woman with borderline personality disorder. This strikes a chord with Dr. Frost, as it closely mirrors his first case. He recognizes that Anna is experiencing transference, where a patient projects their feelings onto their therapist, and he explains this concept to her, correcting her understanding of assimilation.

Frost gives an example to clarify: a man without a father may project feelings onto his counselor, seeing them as a father figure, seeking love from them. On the other hand, countertransference occurs when the counselor projects their unresolved issues onto the patient, like if a counselor had mother issues and began to see a middle-aged woman as their mother. Frost further explains that this is a serious problem, and it’s not far-fetched that the story Anna’s film is telling would deal with this issue. Later, Frost and Seonga visit the set of the film, where they meet the famous actor Seokjoon Nam. The assistant director, Seonah Kim, advises them to refrain from calling the actors by their real names while on set and warns them not to visit the director's office while he's advising the actors.

Mincheol Kim, another member of the crew, introduces himself, explaining that his job is to document the making of the film. Dr. Frost notes that filming is a highly controlled environment, which the director compares to the role of a psychologist. Frost, however, disagrees with this comparison, and the director appreciates the correction. As they sit down to discuss the film, Joonho asks Frost if he has ever considered acting, sensing that Frost could potentially be good at it. He also suggests that while Frost could become anything, he may not have fully become anything yet, implying a kind of blank slate.

Seonga comments that Joonho is known for his method acting techniques, to which Dr. Frost agrees. He explains method acting as a process where actors become so deeply absorbed in their roles that they essentially "become" their characters. Frost connects this concept to the famous Stanford prison experiment, in which students were assigned roles as guards and prisoners, and

their behavior quickly escalated to the point where the experiment had to be stopped after only a day. He explains how the use of titles, such as calling the participants by prisoner numbers, gave them a sense of identity that drove them deeper into their roles. This, Frost says, is very similar to how actors on the set are only called by their character names as part of method acting.

As Seonga tries to reach Anna, she notices that Anna is so immersed in her role that she doesn't respond. Anna finishes filming, and Frost grows increasingly concerned. He goes to the library to study further, spreading out books on the floor as he dives deep into research. He finds something of interest related to acting and hypnosis, which he suspects might be linked to the case at hand.

Later, Frost tells Seonga that he needs to continue his research on the acting process and advises her to handle the counseling sessions in his absence. While she's at the counseling center, Professor Chun stops by to discuss her decision about grad school and suggests that she consider studying abroad under Stanley Skin.

The professor then calls Seonga to meet at a DVD café, where they watch some of Joonho's previous films. Seonga is a bit uneasy due to the reputation of such cafes, but Dr. Frost keeps his distance. The films are quite explicit, and Seonga dozes off at times. Dr. Frost takes note of the credits and spots the names Mincheol Kim and Seonah Kim, realizing they have been involved with the director for some time. As they leave the café, they run into Professor Song, who quickly flees the scene.

Later, as Professor Song reflects on the encounter, she bumps into both Seonga and Nambong. Nambong invites her and Professor Chun into a room to reveal his findings: he suspects that the director, Joonho Park, has been hypnotizing his actors, including Sungmi Yoo, who was one of his victims. Professor Chun is skeptical, pointing out that hypnosis alone can't force someone to take their own life, but he agrees they need solid evidence to back up this theory.

Dr. Frost shares a DVD of a delusion-related film he found at the library, suggesting it may hold clues about Sungmi Yoo's death. He expresses his desire to speak with Anna about the matter. Seonga then asks him if he knows about Stanley Skin, which prompts Frost to go on a brief rant before he cuts himself off, curious about why she brought it up. Seonga hesitates, unsure of how he would react to her reasoning.

Seonah later sits down with Seonga for coffee and explains that Seokjoon Nam has been increasingly irritable, which has been affecting his work. Despite being

a brilliant actor, his films started to fail after he left his company, and he struggled to get into roles. Seokjoon had asked Joonho for a chance in one of his films, but he still had trouble embodying his character. Frost arrives on set and asks to speak with Anna, much to Seonah's annoyance.

Anna explains to Frost that securing her role wasn't easy. As an idol-turned-actress, producers initially looked down on her, but during her audition, she immersed herself so deeply into the character that she caught Joonho's attention. Anna admits that she revealed her struggles with delusional disorder to Joonho, explaining how it sometimes helped her act as other people. This confession led Joonho to give her the role, and she was overjoyed.

Curious, Frost asks if there was anything strange about Joonho's directing methods. Anna mentions that during the audition, she had to keep her eyes open and her hands clenched, as if they were stuck together. This revelation stuns Frost, as he realizes that Joonho had embedded a hypnosis susceptibility test within his audition process. With Anna's history of delusions and her strange behavior on set, Frost quickly deduces that she might have been hypnotized. To disrupt this, he calls Anna by her real name while she's on stage, intentionally breaking the immersion. He compares method acting to delusion, which Anna, given her sensitivity to such conditions, would be especially vulnerable to.

Frost's suspicions are confirmed when he watches one of Joonho's previous films, in which the lead actress died in a manner eerily similar to her character's fate in the movie. He hypothesizes that the actress might have been unable to escape her role, possibly due to deep internalization or hypnosis. Even though he knows that hypnosis strong enough to cause death is impossible, he believes that Joonho selects actors susceptible to hypnosis and drives them into deep internalization, which may have contributed to the tragedy.

As Frost continues to investigate, Joonho loses his temper on set after the cancellation of a set contract. Frost is unsure if Joonho is fully aware of the hypnosis methods he's using or if he only has partial knowledge, which worries him more. He arranges for Seonga to bring Assistant Director Kim to Bar Mirror, hoping to gather more information.

At the bar, Frost closely observes Seonah. In just 0.2 seconds, he notices two subtle signs of anxiety in her:

- her pupils momentarily enlarge
- her mouth pulls sideways.
- Confronting her about her fear,

Seonah tries to change the topic, asking if they can film in Frost's office at the counseling center. Frost agrees, seeing this as an opportunity to gather more insight into her and the director’s methods.

When Seonga expresses concern that Chun might not approve of the sudden decision to let them film at the center, Chun surprisingly agrees. Once on set, Joonho comments on the emptiness of the room. During filming, Seokjoon becomes angry, throwing a plant against the wall and accidentally scratching Anna’s face. While Seonah rushes to tend to her, Frost notes that the actors' behavior and expressions strongly indicate they are under hypnosis.

Determined to uncover the truth, Frost demands to see the making of the film, but Seonah refuses. He then convinces Mincheol Kim to show him by mentioning Sungmi Yoo, reasoning that Mincheol, who was close to her, would want to prevent further tragedy. After viewing the footage, Frost immediately tells Seonga and Mincheol to call the police. He had discovered that Seokjoon was being administered Amytal Sodium, an anxiety-reducing drug, without proper safeguards. Moreover, Frost noticed that there was no cut-off signal, a vital part of hypnosis to bring someone out of their trance.

Frost explains that in cases of light hypnosis, the hypnotist might forget to include a cut-off signal, but in deep hypnosis, such a signal is essential. The most common cut-off phrase is something like, The most commonly used cut-off signal is "You will wake up when I do so and so," He provides an example. He notices the script had changed for the movie "Persona" then rushes to help Anna since as explained earlier she has a history with delusions and the directors acting coaching is similar to hypnosis, he connects this to being too deep into the role and the script change included Anna's character being stabbed. He observed that something was off with the knife props and then immediately deduced it was Seokjoo who was in danger instead which he stopped by grabbing the knife which cut his hand he then broke a pattern of the hypnosis which didn't exactly break him out but by calling Seokjoo his real name to break immersion which created a crack he opened this crack by saying he had an impressive performance which implanted the thought this was all just a thought in his head, this quelled the problem since the director outlashed making the assistant director yell out the directors crimes. He explains that acting is like autosuggestion and that the problem is very few people help the actor come out of the role compared to entering which can lead to some issues, this is why sometimes the actors will receive psychological counseling.