

$$\frac{\sin x + \cos x}{\sin x - \cos x} + \frac{\sin x - \cos x}{\sin x + \cos x} = 1^0$$

$$\frac{\sin^2 x + \cos^2 x + \cancel{\sin x \cos x} + \sin^2 x + \cos^2 x - \cancel{\cos x \sin x}}{\sin^2 x - \cos^2 x} = \frac{r(\sin^2 x + \cos^2 x)}{\sin^2 x - \cos^2 x} = r$$

$$\frac{r}{\sin^2 x - \cos^2 x} = r \rightarrow \sin^2 x - \cos^2 x = \frac{r}{r}$$

$$\tan^2 x \cos^2 x - \cos^2 x = \frac{r}{r}$$

$$\cos^2 x (\tan^2 x - 1) = \frac{r}{r}$$

$$\frac{1}{1 + \tan^2 x} (\tan^2 x - 1) = \frac{r}{r}$$

$$\tan^2 x - 1 = \frac{r}{r} (1 + \tan^2 x)$$

$$-r + r \tan^2 x = r + r \tan^2 x \quad \tan^2 x = r + r = 2$$

$$\frac{\sin^2 x - r \cos^2 x + 1}{\sin^2 x + r \cos^2 x - 1} = r$$

$$\sin^2 x + r \cos^2 x - 1$$

$$\frac{\sin^2 x - r \cos^2 x + \sin^2 x + \cos^2 x}{\sin^2 x + r \cos^2 x - \sin^2 x - \cos^2 x} = \frac{r \sin^2 x - r \cos^2 x}{\cos^2 x} = r$$

$$r \cos^2 x = r \sin^2 x - r \cos^2 x$$

$$\sin^2 x = \frac{2}{r} \cos^2 x$$

$$\tan^2 x = \frac{\sin^2 x}{\cos^2 x} = \frac{\frac{2}{r} \cos^2 x}{\cos^2 x} = \frac{2}{r}$$

$$\cos(2\alpha) \Rightarrow \cos^2 \alpha = \frac{1 + \cos 2\alpha}{2}$$

$$\cos^2 \alpha = \frac{1 + \cos 2\alpha}{2} = \frac{1 + \frac{\sqrt{r}}{r}}{2} = \frac{\frac{r + \sqrt{r}}{r}}{2} = \frac{r + \sqrt{r}}{2r}$$

$$\cos \alpha = \pm \sqrt{\frac{r + \sqrt{r}}{2r}} = \pm \frac{\sqrt{r + \sqrt{r}}}{\sqrt{2r}}$$

$$\sin(2\alpha) \Rightarrow \sin^2 \alpha = \frac{1 - \cos 2\alpha}{2}$$

$$\sin^2 \alpha = \frac{1 - \cos 2\alpha}{2} = \frac{1 - (-\frac{\sqrt{r}}{r})}{2} = \frac{1 + \frac{\sqrt{r}}{r}}{2} = \frac{\frac{r + \sqrt{r}}{r}}{2} = \frac{r + \sqrt{r}}{2r}$$

$$\sin \alpha = \pm \sqrt{\frac{r + \sqrt{r}}{2r}} \Rightarrow \pm \frac{\sqrt{r + \sqrt{r}}}{\sqrt{2r}}$$