

$$\begin{aligned}
 & \left( x^2 + \frac{1}{x^2} \right)^2 - \left( x^2 + \frac{1}{x^2} \right) + \frac{1}{x^2} \\
 &= \left( x^2 + \frac{1}{x^2} \right)^2 - \left( x^2 + \frac{1}{x^2} \right) + \frac{1}{x^2}
 \end{aligned}$$