

hello mate...

I agree that psychology plays a major role in trading..we doubt the best setups and fall prey to the worst setups coz of DOUBT.DOUBT is coz of FEAR.FEAR is give to us by evolution for survival.

FEAR....has its own PROs and CONs....It will let you be cautious before taking a trade (ANALYSING)....and at the same time it will let you miss a trade because you over analysed.....sometimes while you are on a trade...it will let you get out early with just 10 pips on the 50 pips running trend and sometimes it will get you out at 10 pips at the exact reversal setups....

When you analyse all the above things.....GREED comes into the picture. MIND always wants more....you give him 10 pips next day MIND wants 20 pips and so on....if you see my pips it has considerably reduced...I was taking close to 30 pips a day when I started this thread....but these days the opposite has happened....I dont want and don't take more than 10 pips a day. Doing the opposite of what was told to us.

By doing this I gain 2 things...One is the satisfaction coz most of my trades will hit the TP... and less time. Less energy..another reason is ....it is a cake walk to get 10 pips....what matters is the risk....my risk is my usual risk...no change in that....im getting the same money I would get with the 70 pips TP in just 10 pips....this doesn't mean I'm risking heavily....Hope you got my point.....

MIND....it's a wonderful creation. It always wants what it doesn't have....if a person has 99 million...it will not be happy at that time...rather it will worry thinking that I don't have 100 million.

Now how to tame it??

Most of the traders think that they can't be successful, why coz there is no confidence.. Why there is no confidence...coz they take losers...why they take losers coz they don't follow the rules...or don't know how to trade.....

Problem is in MIND....nothing comes from outside...there is a saying...""THEEDHUM NANDRUM PIRAR THARA VAARA"" which means GOOD AND BAD DOES NOT COME FROM OUTSIDE,IT COMES COZ OF YOUR OWN DEEDS""

To gain confidence...take pips that is easily achievable(for yourself) with 1:1 risk....not necessarily that need to take 1:1...you can even take 8 pips TP with 10 pips SL (but consistently).....I always say capital protection is more important, move to BE ASAP....that way you can extend your lifetime by another hour....no kidding...the more you get tensed less you live....no jokes...less you will be happy(equal to dying)....

Always wait for your setup...you get in wrong trade coz your are frustrated sitting the whole day...I have done it...

Some Basic caring...

1) Avoid foods that will trigger anger(chillies/non-veg/eggs)..you can use pepper

**2)More anger leads to everything...Anger is like match stick....it will burn others  
burn it burns itself....**

**this is one of the most important posts I have made in this forum...if you watch this  
you are 80% profitable already....if you have nice method...you are profitable  
another 20%.....**

**It's up to us now...if we can do...let's do it...or we will be like one of those 95%  
traders....**

**STAY BLESSED**