



Becoming A Bulletproof Trader
The Psychology of Managing Fear
Steve Ward

What Are You Afraid Of?

Losing money

Missing out

Being wrong

Making a mistake

Failure

Success

Leaving money on table

Future regret

Looking stupid

The unknown

Fear





Trading With Poise

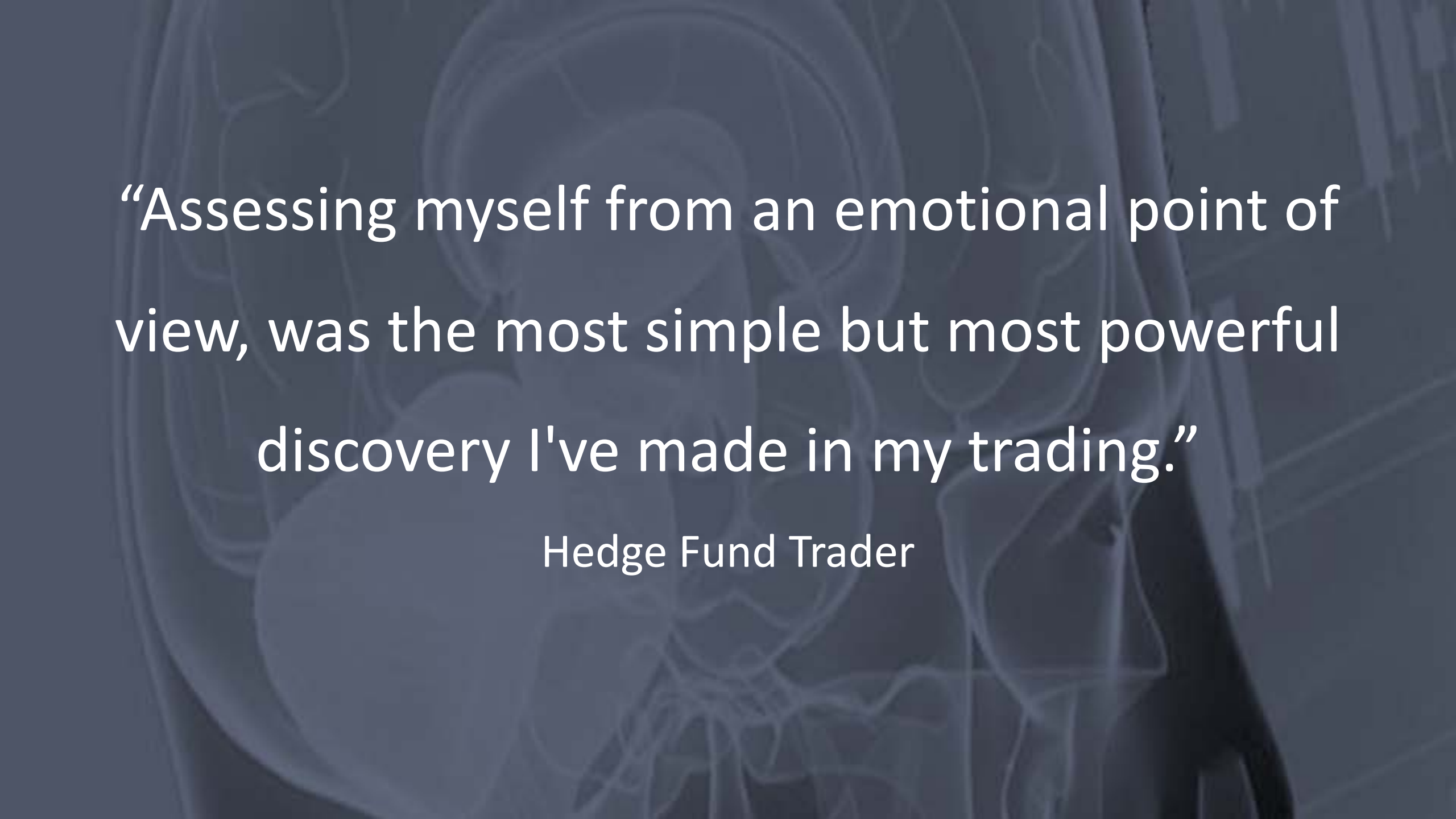
“The ability to function (trade) as required, and as desired, while experiencing whatever thoughts, emotions or physical sensations are triggered by any given situation.”

Gardner and Moore
Psychology of Enhancing Human Performance



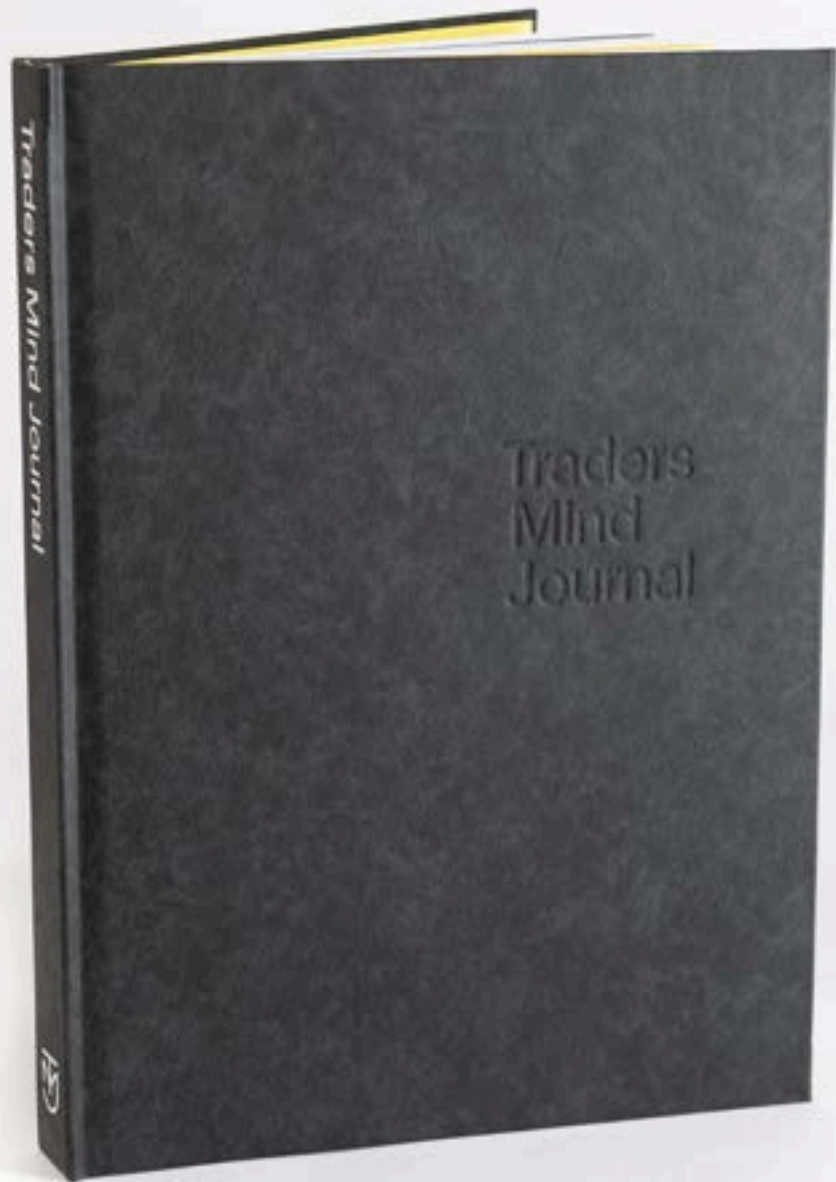
Managing Fear

- Awareness
- Acceptance
- Acknowledging
- Assessing
- Action



“Assessing myself from an emotional point of view, was the most simple but most powerful discovery I've made in my trading.”

Hedge Fund Trader



IX Show Special Offer

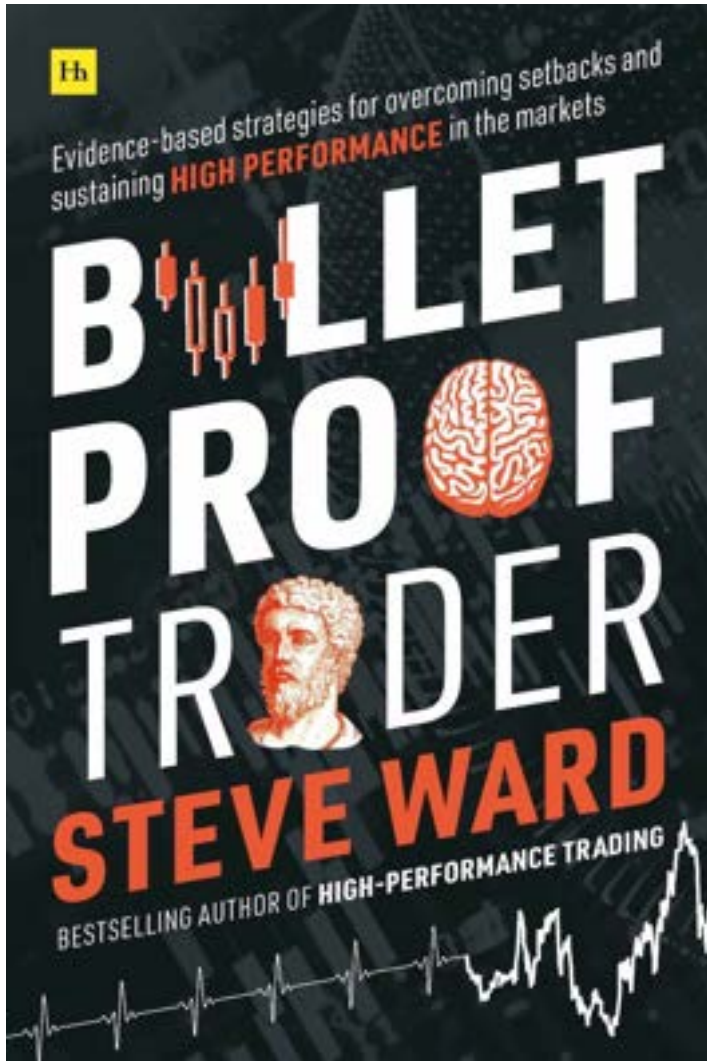
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