

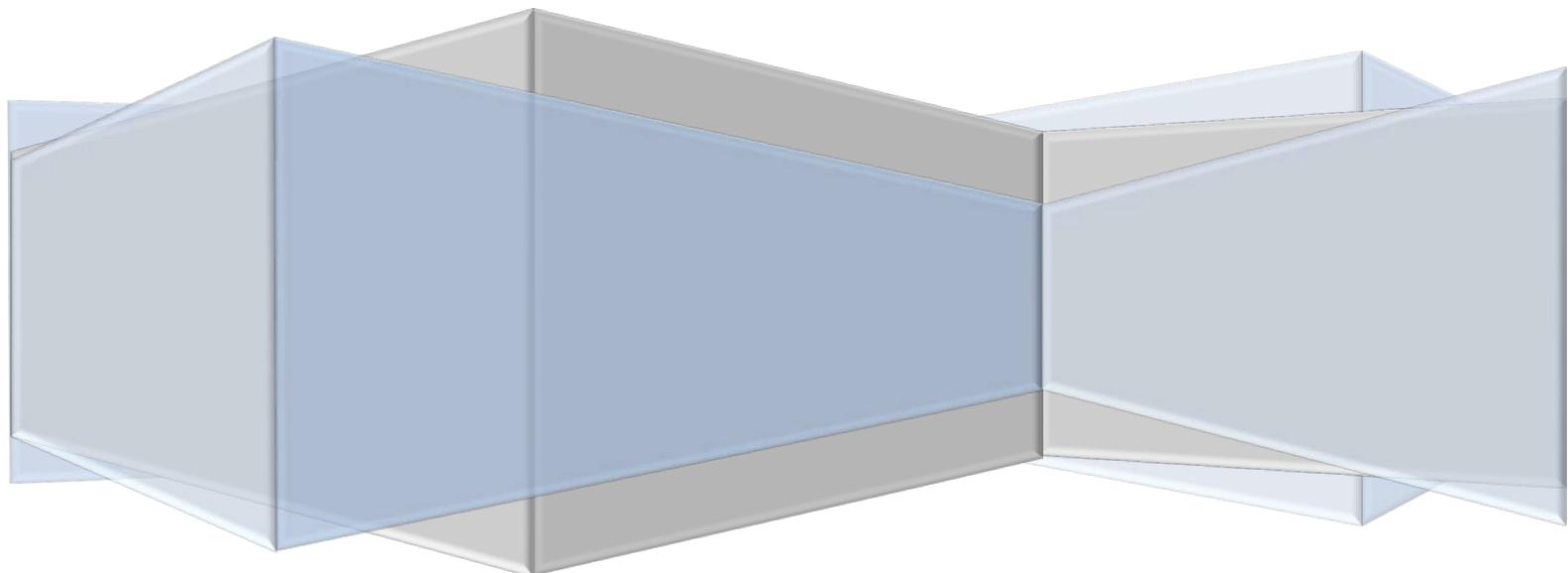
Right Mind Trader Academy



Overcome Trading Anxiety

A Practical '5 Strategy' Worksheet

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Overcome Trading Stress & Anxiety 5 Strategies Worksheet

Welcome to your Trading Stress & Anxiety Worksheet designed to help you gain greater self-awareness of the factors contributing to your trading stress and anxiety. Work through the strategies one at a time and simply answer the questions to discover your personal trading stress & anxiety drivers.

Strategy #1 - The trading scenarios that cause your trading stress and anxiety

Think now about one of your typical trading sessions in which you remember feeling trading stress and anxiety. As you replay that session in your mind write in the box below what specifically caused the stress and anxiety during that session.

My Trading Stress and Anxiety is Caused When...

List as many scenarios/experiences as you can...



Strategy #2 - Where does your trading anxiety come from?

For most people stress and anxiety can be traced back to past experiences that have left behind in your memory some emotional trigger for the stress. To help you discover any of your own past experiences that might be contributing to your current trading stress & anxiety answer the following question to complete the box below.

My Trading Stress and Anxiety Originates From...

List as many scenarios/past experiences as you can...



Strategy #3 - The 'big picture' perspective of the real consequences

We all have pretty active imaginations and can picture whatever we like in our mind. Unfortunately, what we choose to imagine can just as easily be positive as negative but we humans tend toward the negative most often and this results in us usually imagining things far worse than ever come to reality. To reduce the anxiety the negative 'but what if...' thinking produces and to discover the real consequences of taking a losing trade, take an honest view and complete the box below. Use your past experiences as evidence of what a losing trade means in reality and not the nightmare you may have imagined.

The Real Consequences of Losing a Trade Are...

List as many consequences as you can...



Strategy #4 - First physiological signs of your stress and trading anxiety

Stress and anxiety have very definite physical symptoms and you can become aware of the ones that surface in your own body by being mindful of the first sensations of stress. Ask yourself “What is the first thing I feel when stress has started?” Write a list of the symptoms you experience in the box below and try to arrange them in the order in which they appear in your body. In this way you can identify the very first symptom before any others arise and take steps to overcome it before it has a chance to get too strong and negatively impact your trading.

The First Physiological Signs of My Trading Stress and Anxiety are...

List all the physical symptoms and anxiety related thoughts you can...

Strategy #5 – Deep-Mind Technique

I don't have space here to teach you all I know about the deep-mind techniques for eliminating unhelpful emotions but so you can get started let me share just one powerful technique with you.

Stress and Anxiety Thinking Pattern Change...

Your anxiety is increased because of what you think about so a simple way to stop this is to break your anxiety thinking pattern.

Follow these easy steps:

1. Draw on past evidence that what you are imagining simply isn't true.
2. Challenge the very thoughts you are having and look to prove they aren't true with the question “Is that really what happens when I lose a trade?”
3. Make a conscious effort instead to recall in your mind the past times when what happened next wasn't as bad as you had imagined.

Journeying Farther & Further - Journeying Together

For most traders, trading as an activity can be a singularly solo, and perhaps even lonely, journey toward your future dream of financial freedom and ultimate happiness.

The programme you have just taken will have moved you along on your trading development journey of discovery that will have a positive impact on your trading – and possibly on your entire life and those around you.

Most journeys have a point of departure and a point of arrival – or do they?

Certainly, the journey you have been on in this programme has a clear departure point – that is to increase your development as a trader - and it has a clear objective to provide the tools to help you...

...but it doesn't have a clear destination because it is but one positive stepping stone forward!

Why?

Because your trading psychology has many facets and needs and this programme is only one aspect – albeit a crucial aspect - of your whole trading psychology development to improve your daily trading experience.

Now African wisdom says:

“To journey far, travel with others.”

So, to travel farther and further with your trading I invite you now to continue our journey together towards a new objective and your own desired destination.

FREE 1-On-1 Coaching Session

Begin the next part of your success discovery trading journey now by setting your next big objective, which I strongly believe should be, to have a COMPLETELY FREE 30 minute...

[Trading Behaviour Strategy Coaching Session](#)

...directly with me.

This is the logical next step on your journey to realising your trading profit potential and creating the abundant life of your dreams.

Let me be your personal development guide on the next exciting exploration into your trading psychology.

To find out more about your next trading journey watch my complimentary **['TBA'](#)** video that will explain how we will analyse your current trading behaviours to uncover any success blocks lurking in your unconscious mind.