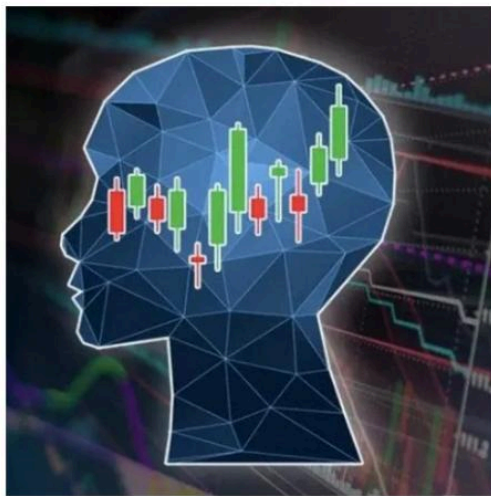


Richard Sterling

TRADING PARADOX

A Look At Implementing Reverse Psychology Into Trading



Part 1. Your Mind Is The Algorithm

In my opinion when it comes to trading your mind is the algorithm that you program to the market. Your conscious mind is at the wheel in the present moment and your subconscious mind is your default which is hardwired with habitual patterns and behaviors. Ever hear of a trading mentor or influencer say “master it until it becomes second nature”, that second nature is the subconscious mind.

Part 2. How To Program The Algorithm

Ever hear trading mentors and influencers say that fighting fear of missing out and being patient is a never ending fight in the game of trading. What if I told you that I discovered a way to trade that put the odds in my favor in that fight?.

Let's look a little closer at how I was able to condition my subconscious mind to be patient and not fear missing out in trading. I started by creating a system using reverse psychology on my conscious mind in the present in order to program my subconscious to be patient and not fear missing out in trading.

First, I thought of an amount of profit I knew I could easily make in one month in the market.

Second, I set a soft target of two weeks to hit my goal.

Third, if I didn't hit my goal at the end of the two weeks I kept trading until I reached my goal or the month ended.

Fourth, if I hit my goal within the first two weeks I didn't trade for the rest of the month.

This structured system allowed me to condition the emotional rhythm in which I was trading. The system allowed me to step back and think to myself "if I don't hit my target in the first two weeks it's ok because I have lots of time". In addition If I had hit my target within the first two weeks then I had the opportunity to work with my conscious mind by fighting the urge to trade for the remainder of the month. A crucial part of this was that this mental fight wasn't done on the charts. It then allowed me to gradually be able to condition my subconscious mind by allowing me to have an environment to condition my emotional rhythm to behave differently.

Part 3. Results

After persisting with this system month after month I was surprised at what began to happen. I eventually found myself on a four month run without having a losing day. I also gained a sense of structure and control in trading that I had longed for. In breaking the months down into a plan that favored my trading emotions I gradually found a sense of liberation and peace within trading.

I've shared this system to try and help inspire others in mastering their minds in the markets. I've also shared it hoping it may open and expand the mind of others to the degree that they can take this concept and theory and make it their own.