



How to Coach Yourself to Trading Success



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The Role of Trading Psychology



- ❑ **Necessary, not sufficient**
- ❑ **Avoiding hijacking by fight/flight**

Why Coach Yourself?



NEW BEGINNINGS
ARE OFTEN
DISGUISED AS
PAINFUL ENDINGS.
- LAO TZU

Steps in Change Process



- ❑ **Identifying Problem Patterns**
 - ❑ **Identifying Triggers**
- ❑ **Awareness of Costs - Readiness**
- ❑ **Interrupting Problem Patterns**
- ❑ **Rehearsing Solution Patterns**

How to Recognize Our Patterns



- Keeping a psych journal**
- Are our patterns situational?**
- Are our patterns severe?**
- When to seek outside help**

What Makes Change Work



- Focused approach**
- Sustaining urgency**
- Daily practice**
- The great challenge: Relapse**

Making Change Part of Your Trading Process



**YOU WILL NEVER
CHANGE YOUR LIFE
UNTIL YOU CHANGE
SOMETHING
YOU DO DAILY.**



Mastering the Behavioral Approach



- ❑ **Relaxation Training With Imagery**
 - ❑ **Visualizing Stressful Events**
 - ❑ **Mental Rehearsal of Coping**
 - ❑ **In Vivo Work**

Mastering the Cognitive Approach



- Thinking About Your Thinking**
- Keeping A Cognitive Journal**
- Getting Good at Interrupting Self Talk**
- Challenging Your Self Talk**

Mastering the Solution - Focused Approach



- ❑ **Finding Exceptions to Problem Patterns**

 - ❑ **Identifying Solutions**

 - ❑ **Priming for Solutions**

 - ❑ **Doing More of What Works**

Importance of Studying Our Successes



- ❑ **Successes Contain Our Solutions**

- ❑ **Creating Best Practices**

- ❑ **From Best Practices to Best Processes**

- ❑ **The Power of Building Positive Habit Patterns**

Cultivating Creativity



"Creativity
is intelligence
having fun."

- Albert Einstein

Strategies for Improving Creativity



- ❑ **Finding New Inputs**
- ❑ **Processing Old Inputs in New Ways**
- ❑ **Curating Information Networks**
- ❑ **Brainstorming / Brainwriting**



If you focus on results, you will never change. If you focus on change, you will get results.

