

STOP FOMO TRADING

REDUCE PRE-TRADE ANXIETY
WITH THIS CHECKLIST





Macro Ops
Target. Deploy. Profit.

ABOUT FALLIBLE

Fallible is where you can hang out and talk stocks, business, money, finance and whatever else you want.

We publish new videos almost every day on our [YouTube channel](#). Our videos include stock market analysis, business model dissections, trade examples, psychology tips, and of course, breakdowns of our favorite finance movies and TV shows.

WHAT IS MACRO OPS?

Macro Ops is Fallible's parent company. It's a global macro research and consulting firm that I (AK) co-founded with my buddies/business partners Alex and Tyler. We cater mostly to institutional clients such as hedge funds, pension funds, family offices, and sovereign wealth funds. And of course we have individual traders and investors in there too.

So if you're an advanced trader, come hang out with us at www.macro-ops.com

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Do you suffer from FOMO trading?

I hope not...

Answer the questions below to determine your FOMO score to see if you do!

1. How often do you find yourself buying late into a trend after a stock has had a huge run?

- ☐ All the time
- ☐ Rarely

2. How much due diligence do you typically do before placing a trade?

- ☐ A few hours
- ☐ A few months

3. Do you feel more comfortable in a trade if it's popular and others are in it with you?

- ☐ Yes
- ☐ No

If you answered "A" to 2 or more of the questions above, then you absolutely suffer from FOMO trading.

Sucks...

But no worries!

Here are a few strategies you can use to help get rid of that annoying FOMO:

Default No.

You know that feeling...

That feeling when you're just itching to "pull the trigger"...

Well... you need a way to SAY NO to that emotion.

And the best way to do that is with a trade journal!

A trade journal is like a guard standing between your monkey mind and trigger finger. Whenever that monkey mind starts going crazy, your journal will help you say no to it.

But the key here is actually **writing** in the journal. Jotting down a description of your FOMO before you take a trade will help dissolve that emotion. And that in turn will prevent you from being influenced by it.

By the way... if you're interested in getting the exact trade journal we use at Fallible and learning the right way to use it to help control your emotions and boost your profits, [then just click this link to learn more.](#)

Tiny Position Strategy

Okay, so sometimes you just *can't* say no.

The FOMO is too powerful. All your defenses fail, and YOU NEED IN.

A good way to prevent yourself from blowing up your account when this happens is to trade a bite-sized position.

Whatever position size you usually use... cut that by a factor of 10 and put the trade on.

This should satisfy your FOMO while doing minimal damage to your bottom line.

It's like when you're craving chocolate. Instead of eating an entire bar, just eat a single chip!

Reinforcement/Punishment Conditioning

Review your [trade journal](#) at the end of each week and evaluate whether you succumbed to FOMO.

If you did, punish yourself.

If you *didn't*, reward yourself!

You're basically going to train yourself the same way you train a dog.

But don't worry, you don't have to rub your nose in anything gross. Unless you want to I guess...

Example punishments:

- ☐ No Netflix (and no "chilling" either 😼)
- ☐ No desserts or alcohol or pizza
- ☐ No playing outside (ground yourself)

Example rewards:

- ☐ Lots of "chilling"
- ☐ A Chili's Molten Lava Cake
- ☐ Foot massage

Pretty soon you'll have your FOMO under control and you won't even need this reward/punishment system anymore!

What's Next?

The above assessment and strategies are great for diagnosing and curing yourself of FOMO. But hardcore FOMO junkies need more help resisting the pull...

Actually, most people aren't even aware of their FOMO at the time of the crime.

The following questions will help you immediately identify FOMO and stop yourself from executing a trade while in a bad state of mind. Make sure to go through these questions **before** executing any trade!

- 1. Are you afraid of missing this trade? If so, what are the reasons you can't wait and need to enter now?**
- 2. Is this entry a discretionary trade outside of your core system/strategy?**
- 3. Will this trade cause you to go over your average weekly trading frequency?**

If you answered yes to any of the above questions, STOP RIGHT THERE. You're about to jump into a trade born of FOMO.

Take a **1-3 hour breather** and come back when you're feeling more level-headed.

These questions are a great addition to any trade journal. If you're interested in our version of a trade journal, which you can use and customize yourself, [make sure you learn more about how to get your hands on it by clicking here.](#)