**130\_What does a crypto market cycle look like, how does it behave over time**

Crypto markets are very volatile. In the young history of the crypto markets - the first Bitcoin transaction was made in 2009 - there have already been strong ups and downs. But after every low came a new high, and each time the new high was a new all-time high.

That means in the long term - since 2009 - there was only one direction for the crypto market - price increase.

(@Lorenz: Only for video note not for voice over - possibly add graphic with crypto market cycle)

During the year, however, things look different – ​​there can be strong price fluctuations.

We consider the following cycles:

(Note - do not include the graphs as VO only for the Lorenz video see powerpoint)

1. DAy

If you look at the courses in one day, there can be high fluctuations here. If you buy and sell cryptocurrencies on a daily basis, you have a very high risk because the market is very volatile and also driven by emotions.

1. Years

If you look at an annual cycle or several years, you will see that there is steady growth and is less volatile.

1. decade (period of 10 years)

Similar to the stock market, a longterm investment gives you exponential growth. You give your money more time to grow.