

FOREX TRADING COURSE

€ \$ £



Beginner Forex Risk Playbook

A Forex-specific risk handbook: limits, pacing, when not to trade, and a clear rule set for beginners.

Build a solid foundation before risking your money.

Forex

Risk Management

Beginners

Legal and Risk Notice

- This course is intended for educational purposes only.
- It does not provide financial or investment advice.
- Trading in Forex, Crypto, and Binary options involves significant risk and may result in the loss of your entire investment.
- You should only trade with money you can afford to lose.
- Past performance is not indicative of future results.

Who This Is Not For

- Individuals seeking guaranteed profits.
- Traders looking for real-time trading signals.
- Those unwilling to accept the risks associated with trading.

How to Use This Course

Recommended Pace

- Read one module per session.
- Take time to reflect on each exercise.
- Review the checklist after each module.

Instructions

- Follow the course in order for best results.
- Use the glossary to understand key terms.
- Complete the self-test quiz at the end.
- Print the one-page summary for quick reference.
- Engage with the exercises to reinforce learning.
- Review your personal risk policy regularly.

This course is designed to be printed for easy reference.

Keep a trading journal to document your thoughts and experiences.

Set aside time weekly to review your notes and the one-page summary.

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Preface / Orientation

Who This Is For

- Beginners looking to understand Forex trading risks.
- Self-taught traders needing structure and guidance.
- Individuals seeking to build a solid foundation before trading.

What You Will Learn

- Key risk factors in Forex trading.
- How to create a personal risk policy.
- When to avoid trading activities.
- Pacing strategies for trading sessions.
- Recovery methods after losing trades.
- How to use a one-page risk card for quick reference.

What This Course Will Not Do

- Provide specific trading advice or recommendations.
- Guarantee profits or performance.
- Encourage trading without understanding risks.
- Offer real-time trading signals.

Prerequisites

- No prior knowledge of Forex trading is required.
- A willingness to learn and reflect on personal trading habits.

Understanding Forex Risk Factors

Goal: Identify and understand the key risk factors in Forex trading.

Leverage and Its Risks

Leverage allows traders to control a larger position with a smaller amount of capital. While it can amplify profits, it also increases potential losses.

Leverage: Using borrowed funds to increase the potential return of an investment.

For example, a leverage ratio of 100:1 means that for every \$1 you invest, you can control \$100. This can lead to significant gains or losses.

Myth

Myth: Higher leverage guarantees higher profits.

Reality

Higher leverage increases risk of significant losses.

Understanding leverage is crucial for managing risk effectively.

Why it matters: Misusing leverage can lead to rapid account depletion.

News Spikes and Market Volatility

News events can cause sudden price movements, known as spikes. These can lead to slippage, where orders are executed at different prices than expected.

Slippage: The difference between the expected price of a trade and the actual price.

For instance, if you place an order during a major news announcement, the price may change quickly, resulting in a less favorable entry or exit.

Why it matters: Being aware of news events helps you avoid unexpected losses.

Myth

Myth: Trading during news events guarantees profit.

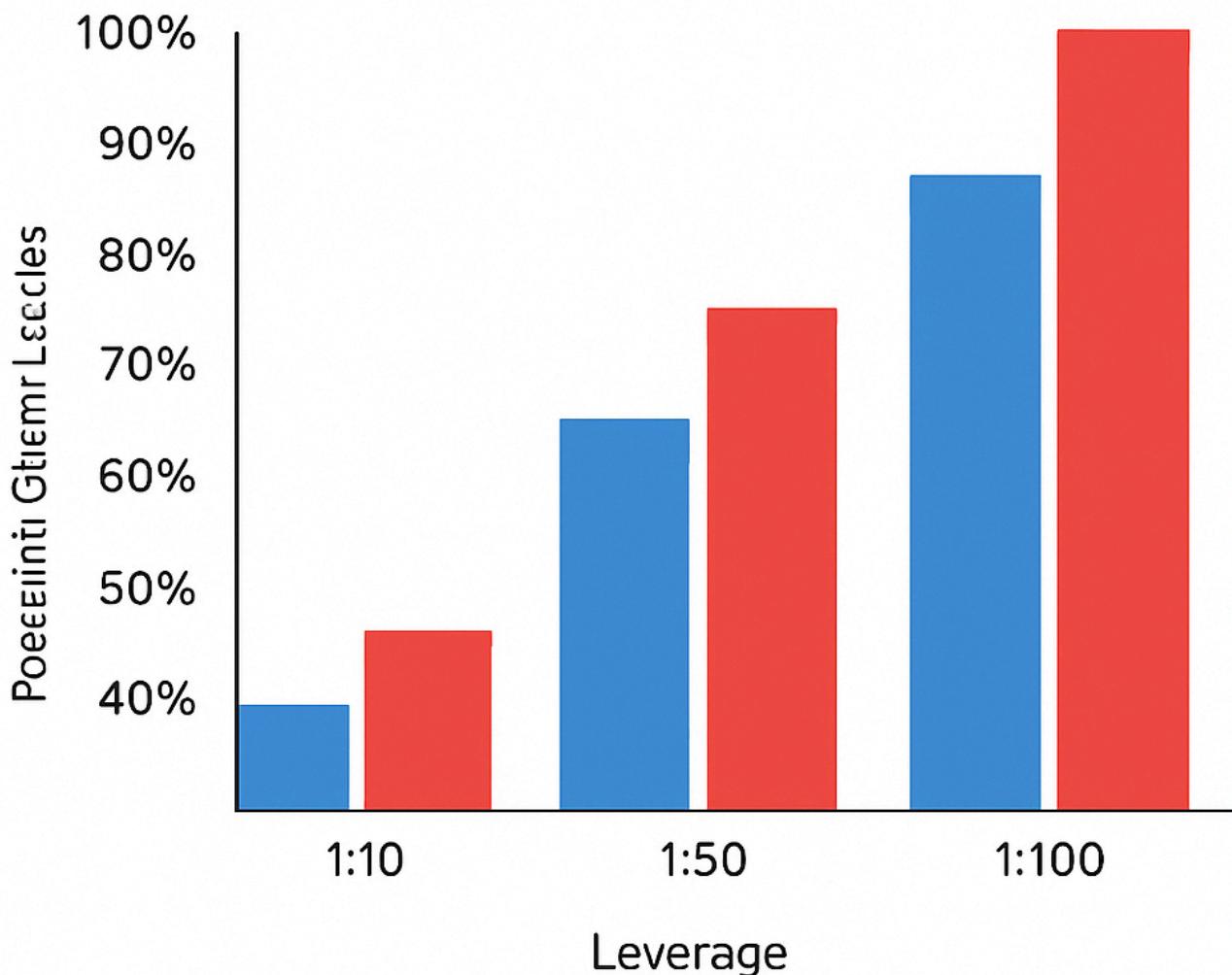
Reality

It increases the risk of loss due to volatility.

Traders should be cautious and avoid trading during high-impact news releases.

Leverage Impact

Impact of Leverage on Potential Gains and Losses in Forex Trading



A visual representation of how leverage affects potential gains and losses in Forex trading.

Forex Risk Factors Checklist

- Understand leverage and its implications.
- Monitor upcoming news events.
- Be aware of potential slippage during volatile periods.
- Review your risk tolerance regularly.
- Keep track of spread changes.
- Avoid trading during major news announcements.

- Use stop-loss orders to manage risk.

Assessing Your Risk Awareness

Purpose: Evaluate your understanding of Forex risk factors.

1. List the leverage ratio you plan to use.
2. Identify three upcoming news events that could impact your trades.
3. Reflect on how slippage could affect your trading strategy.
4. Write down your current risk tolerance level.
5. Consider how you will manage risk during volatile periods.

Expected Output: A personal risk assessment document outlining your understanding of Forex risk factors.

Risk Box: Understanding Your Exposure

- Trading with high leverage can lead to rapid account depletion.
- News spikes can cause unexpected losses.
- Slippage can impact your entry and exit points.
- Always use risk management tools.

Key Takeaways

- Leverage can amplify both gains and losses.
- News events can create volatility and risk.
- Understanding slippage is essential for effective trading.
- Regularly assess your risk exposure.
- Implement risk management strategies.

Developing Your Personal Risk Policy

Goal: Create a structured personal risk policy to guide your trading decisions.

Setting Per-Attempt Risk

Establishing a per-attempt risk helps you manage how much of your capital you are willing to risk on a single trade.

Per-Attempt Risk: The maximum amount of capital you are willing to risk on one trade.

For example, if your trading account has \$1,000 and you set a per-attempt risk of 1%, you would risk \$10 on each trade.

Why it matters: This prevents significant losses that can jeopardize your trading account.

Myth

Myth: Risking more per trade leads to higher profits.

Reality

It increases the chance of account depletion.

Establishing a clear risk per trade is essential for long-term success.

Daily Stop and Weekly Pause Triggers

A daily stop limits how much you are willing to lose in a single day, while a weekly pause triggers a break after a certain number of losses.

Daily Stop: The maximum loss you will accept in a trading day.

Weekly Pause: A predetermined break after a set number of losing trades.

For instance, if you set a daily stop of \$50 and lose that amount, you stop trading for the day.

Why it matters: These limits help prevent emotional trading and protect your capital.

Myth

Myth: Stopping after losses is a sign of weakness.

Reality

It's a crucial risk management strategy.

Implementing these triggers is vital for maintaining discipline.

Daily Stop Loss Example

An example of how a daily stop loss can prevent excessive losses in a trading day.

Personal Risk Policy Checklist

- Define your per-attempt risk percentage.
- Set a daily stop loss limit.
- Determine your weekly pause triggers.
- Review your risk policy regularly.
- Adjust your risk parameters as needed.
- Document your trading decisions.
- Stay disciplined in following your policy.

Creating Your Personal Risk Policy

Purpose: Draft a personal risk policy tailored to your trading style.

1. Determine your per-attempt risk percentage.
2. Set your daily stop loss limit.
3. Identify your weekly pause triggers.
4. Write down your policy and keep it accessible.
5. Reflect on how you will enforce your policy.

Expected Output: A written personal risk policy document.

Risk Box: Your Trading Discipline

- Adhering to your risk policy is essential for long-term success.
- Daily stops prevent emotional trading.
- Weekly pauses help you reassess your strategy.
- Documenting your decisions enhances accountability.

Key Takeaways

- Establish a clear per-attempt risk.
- Set daily and weekly limits to protect your capital.
- Regularly review and adjust your risk policy.
- Discipline is key to successful trading.
- Document your trading decisions for accountability.

When Not to Trade

Goal: Identify situations where trading should be avoided to minimize risk.

Checklist for Trading Readiness

Before entering a trade, assess your mental and emotional state.

Consider factors such as tiredness, emotional distress, and market conditions.

Trading Readiness: Your mental and emotional preparedness to trade.

For example, if you are feeling fatigued or stressed, it may be wise to avoid trading.

Why it matters: Trading without mental clarity can lead to poor decisions.

Myth

Myth: You should always be trading.

Reality

Knowing when to step back is crucial.

Assessing your readiness helps protect your capital.

Avoiding High-Impact News Events

High-impact news events can create unpredictable market movements.

Avoid trading during these events to minimize risk.

High-Impact News Events: Economic reports or announcements that significantly affect market conditions.

For instance, central bank announcements can lead to rapid price changes.

Why it matters: Trading during these times can lead to unexpected losses.

Myth

Myth: Trading during news events can be profitable.

Reality

It increases risk significantly.

Staying informed about news events is essential for risk management.

When Not to Trade Checklist

- Assess your mental and emotional state before trading.
- Avoid trading when tired or stressed.
- Stay informed about upcoming news events.
- Check for unclear trading setups.
- Take breaks when feeling overwhelmed.
- Review your trading journal for patterns of emotional trading.
- Avoid trading during high-impact news releases.

Evaluating Your Trading Readiness

Purpose: Assess your readiness to trade based on personal and market conditions.

1. Reflect on your current emotional state.
2. List any upcoming news events that could impact your trades.
3. Consider if you have a clear trading setup.
4. Write down your thoughts on whether to trade today.
5. Review your trading journal for past emotional decisions.

Expected Output: A personal assessment of your trading readiness.

Risk Box: Know When to Step Back

- Mental clarity is essential for effective trading.
- Avoid trading during high-impact news events.
- Recognize when emotions are influencing your decisions.
- Taking breaks can prevent costly mistakes.

Key Takeaways

- Assess your mental state before trading.
- Avoid trading during high-impact news events.
- Recognize the importance of clear trading setups.
- Taking breaks can enhance decision-making.
- Stay disciplined in your trading approach.

Pacing Your Trading

Goal: Establish pacing rules to manage your trading activities effectively.

Limiting Attempts Per Session

Setting limits on the number of trades per session helps prevent overtrading.

Overtrading: Taking too many trades in a short period, often leading to losses.

For example, limiting yourself to three trades per session can help maintain focus.

Why it matters: Overtrading can lead to emotional fatigue and poor decision-making.

Myth

Myth: More trades equal more profits.

Reality

Quality over quantity is key.

Establishing limits is crucial for maintaining discipline.

Daily Trading Limits

Setting a daily trading limit helps manage risk and prevents burnout.

For instance, if you decide to limit yourself to five trades per day, stick to that limit.

Why it matters: It helps maintain focus and reduces emotional trading.

Myth

Myth: Trading more often leads to higher profits.

Reality

It can lead to increased losses.

Maintaining a disciplined approach is essential for long-term success.

Establishing daily limits is a key component of effective risk management.

Pacing Rules Checklist

- Set a limit on the number of trades per session.
- Establish a daily trading limit.

- Monitor your emotional state during trading.
- Take breaks as needed to maintain focus.
- Review your trading performance regularly.
- Adjust your limits based on your experience.
- Stay disciplined in following your pacing rules.

Creating Your Pacing Strategy

Purpose: Draft a pacing strategy to manage your trading activities.

1. Determine the number of trades you will allow per session.
2. Set a daily trading limit for yourself.
3. Reflect on how you will manage your emotional state during trading.
4. Write down your pacing strategy and keep it accessible.
5. Review your pacing strategy regularly.

Expected Output: A written pacing strategy document.

Risk Box: Managing Your Trading Pace

- Setting limits prevents emotional trading.
- Daily limits help maintain focus.
- Regular reviews enhance your trading strategy.
- Discipline is key to successful trading.

Key Takeaways

- Establish limits on trades per session and day.
- Avoid overtrading to maintain focus.
- Regularly review and adjust your pacing strategy.
- Discipline is essential for trading success.
- Document your pacing strategy for accountability.

Recovery Protocols

Goal: Learn how to recover from a bad trading day or week effectively.

Assessing Your Performance

After a bad trading day, it's important to assess what went wrong.

Identify mistakes and emotional triggers that led to losses.

Performance Assessment: Reviewing your trading results to identify areas for improvement.

For example, if you lost due to emotional trading, recognize that pattern.

Why it matters: Understanding your mistakes helps prevent future losses.

Myth

Myth: Ignoring losses will make them go away.

Reality

Acknowledging mistakes is crucial for improvement.

Regular assessments are vital for long-term success.

Implementing a Recovery Plan

Creating a recovery plan helps you regain confidence after losses.

This may include taking a break, reviewing your strategy, or adjusting your risk policy.

Recovery Plan: A structured approach to regain confidence and improve performance after losses.

For instance, if you had a bad week, consider taking a few days off to reassess your strategy.

Why it matters: A recovery plan helps you avoid emotional trading and impulsive decisions.

Myth

Myth: You should always keep trading to recover losses.

Reality

Taking a break can be more beneficial.

Implementing a recovery plan is essential for maintaining discipline.

Recovery Protocols Checklist

- Assess your performance after a bad day or week.
- Identify emotional triggers that led to losses.
- Create a structured recovery plan.
- Take breaks as needed to regain confidence.
- Review your trading strategy regularly.
- Adjust your risk policy if necessary.
- Stay disciplined in following your recovery plan.

Drafting Your Recovery Plan

Purpose: Create a personalized recovery plan to follow after losses.

1. Reflect on your recent trading performance.
2. Identify key areas for improvement.
3. Draft a recovery plan outlining your steps to regain confidence.
4. Write down your plan and keep it accessible.
5. Review your recovery plan regularly.

Expected Output: A written recovery plan document.

Risk Box: Recovering from Losses

- Assessing performance helps identify mistakes.
- Implementing a recovery plan can restore confidence.
- Taking breaks can prevent emotional trading.
- Regular reviews enhance your trading strategy.

Key Takeaways

- Assess your performance after losses.
- Create a structured recovery plan.
- Taking breaks can enhance decision-making.
- Regular reviews are essential for improvement.
- Discipline is key to successful trading.

Printable One-Page Forex Risk Card

Goal: Provide a quick reference for key risk management concepts.

Forex Risk Card Overview

The Forex Risk Card summarizes essential risk management strategies.

It includes key points on leverage, personal risk policies, and when not to trade.

Why it matters: Having a quick reference can enhance your trading discipline.

This card can be printed and kept at your trading desk for easy access.

The Forex Risk Card serves as a constant reminder of your risk management strategies.

Why it matters: It reinforces discipline and helps prevent emotional trading.

How to Use the Risk Card

Refer to the Forex Risk Card before entering a trade.

Use it as a checklist to ensure you are adhering to your risk management strategies.

Why it matters: Consistent use of the risk card can enhance your trading performance.

Keep it visible to remind you of your trading rules.

Regularly update the card as your strategies evolve.

Why it matters: Adapting your risk management strategies is crucial for long-term success.

Forex Risk Card Checklist

- Keep the risk card visible at your trading desk.
- Review the card before each trading session.
- Update the card as your strategies evolve.
- Use it as a checklist for risk management.
- Reflect on how the card influences your trading decisions.
- Share the card with fellow traders for accountability.
- Regularly assess the effectiveness of your risk management strategies.

Creating Your Forex Risk Card

Purpose: Draft a one-page risk card summarizing key concepts.

1. List key risk management strategies you will follow.
2. Include your personal risk policy details.
3. Summarize when not to trade.
4. Print your card and keep it accessible.
5. Review your risk card regularly.

Expected Output: A printed Forex risk card for quick reference.

Risk Box: Your Quick Reference

- A risk card enhances your trading discipline.
- Regular reviews ensure you stay on track.
- Keep it visible for constant reminders.
- Use it as a checklist before trading.

Key Takeaways

- The Forex Risk Card summarizes key risk management strategies.
- Regular updates are essential for effectiveness.
- Keep the card visible for constant reminders.
- Use it as a checklist before trading.
- Reflect on how the card influences your trading decisions.

Glossary

Goal: Define key terms used throughout the course.

Key Terms and Definitions

This glossary provides definitions for key terms related to Forex trading.

Understanding these terms is essential for effective communication and comprehension.

Why it matters: A solid grasp of terminology enhances your trading knowledge.

Refer to this glossary whenever you encounter unfamiliar terms.

Why it matters: It aids in your learning process.

Regularly review the glossary to reinforce your understanding.

Glossary Entries

Leverage: Using borrowed funds to increase the potential return of an investment.

Slippage: The difference between the expected price of a trade and the actual price.

Overtrading: Taking too many trades in a short period, often leading to losses.

Daily Stop: The maximum loss you will accept in a trading day.

Weekly Pause: A predetermined break after a set number of losing trades.

Trading Readiness: Your mental and emotional preparedness to trade.

High-Impact News Events: Economic reports or announcements that significantly affect market conditions.

Glossary Review Checklist

- Review glossary entries regularly.
- Use the glossary to clarify unfamiliar terms.
- Reflect on how understanding terms enhances your trading.
- Share glossary definitions with fellow traders.
- Incorporate glossary terms into your trading journal.
- Regularly assess your understanding of key terms.
- Update glossary entries as needed.

Glossary Familiarization

Purpose: Enhance your understanding of key terms used in Forex trading.

1. Review each glossary term and definition.
2. Create flashcards for key terms.
3. Discuss terms with fellow traders.
4. Incorporate terms into your trading journal.
5. Reflect on how understanding terms improves your trading.

Expected Output: A deeper understanding of key Forex trading terms.

Risk Box: Importance of Terminology

- Understanding terminology enhances communication.
- Clear definitions aid in comprehension.
- Regular review reinforces knowledge.
- Incorporate terms into your trading practice.

Key Takeaways

- A solid grasp of terminology enhances trading knowledge.
- Regular review of terms is essential.
- Incorporate glossary terms into your trading practice.
- Discuss terms with fellow traders for deeper understanding.
- Use glossary definitions in your trading journal.

Self-Test Quiz

Goal: Evaluate your understanding of the course material.

Quiz Questions

This self-test quiz will help you assess your knowledge of Forex risk management.

Answer the following questions to evaluate your understanding.

Why it matters: Self-assessment is crucial for identifying areas for improvement.

Review your answers and reflect on any incorrect responses.

Why it matters: Learning from mistakes enhances your knowledge.

Regular self-assessment is key to continuous improvement.

Quiz Questions

1. What is leverage?
2. Define slippage.
3. What is overtrading?
4. What is a daily stop?
5. What is a weekly pause?
6. What does trading readiness mean?
7. What are high-impact news events?
8. Why is it important to assess your performance after losses?
9. What is the purpose of a recovery plan?
10. How can pacing strategies improve trading discipline?
11. Why should you limit the number of trades per session?
12. What is the significance of a Forex risk card?
13. How can emotional trading impact your performance?
14. Why is it important to stay informed about news events?
15. How can you enhance your understanding of key terms?

Quiz Review Checklist

- Complete the self-test quiz after finishing the course.
- Review your answers and reflect on any mistakes.
- Discuss quiz questions with fellow traders.
- Use quiz results to identify areas for improvement.
- Incorporate lessons learned into your trading practice.
- Regularly reassess your knowledge with self-tests.
- Share quiz insights with a trading community.

Quiz Reflection

Purpose: Reflect on your quiz performance to identify areas for improvement.

1. Review your quiz answers and explanations.
2. Identify questions you struggled with.
3. Discuss challenging questions with fellow traders.
4. Create a plan to improve your understanding of weak areas.
5. Reflect on how the quiz insights will influence your trading.

Expected Output: A reflection document outlining areas for improvement.

Risk Box: Importance of Self-Assessment

- Self-assessment helps identify knowledge gaps.
- Regular quizzes enhance understanding.
- Discussing results with others reinforces learning.
- Incorporate quiz insights into your trading practice.

Key Takeaways

- Self-assessment is crucial for identifying areas for improvement.
- Regular quizzes enhance knowledge retention.
- Discussing quiz results with others reinforces learning.
- Incorporate insights into your trading practice.
- Reflect on your performance to enhance understanding.

One-Page Forex Risk Card

Key Risk Factors

- Understand leverage and its implications.
- Monitor news events and market volatility.
- Be aware of slippage and spread changes.
- Assess your trading readiness before entering trades.

Personal Risk Policy

- Set a per-attempt risk percentage.
- Establish daily stop loss limits.
- Determine weekly pause triggers.
- Document your trading decisions.

When Not to Trade

- Avoid trading when tired or stressed.
- Stay informed about upcoming news events.
- Check for unclear trading setups.
- Take breaks when feeling overwhelmed.

Pacing Strategies

- Limit the number of trades per session.
- Set daily trading limits.
- Monitor your emotional state during trading.
- Review your performance regularly.

Recovery Protocols

- Assess your performance after losses.
- Create a structured recovery plan.
- Take breaks as needed to regain confidence.
- Stay disciplined in following your recovery plan.

This card summarizes key risk management strategies for quick reference.

Glossary

Leverage

Using borrowed funds to increase the potential return of an investment.

Understanding leverage is crucial for managing risk effectively.

Slippage

The difference between the expected price of a trade and the actual price.

Awareness of slippage helps in setting realistic expectations.

Overtrading

Taking too many trades in a short period, often leading to losses.

Preventing overtrading is essential for maintaining discipline.

Daily Stop

The maximum loss you will accept in a trading day.

Daily stops help protect your capital from excessive losses.

Weekly Pause

A predetermined break after a set number of losing trades.

Weekly pauses allow for reflection and strategy reassessment.

Trading Readiness

Your mental and emotional preparedness to trade.

Being mentally prepared is essential for effective decision-making.

High-Impact News Events

Economic reports or announcements that significantly affect market conditions.

Staying informed about news events helps avoid unexpected losses.

Risk Management

Strategies to minimize potential losses in trading.

Effective risk management is key to long-term trading success.

Discipline

The ability to stick to your trading plan and rules.

Discipline is essential for maintaining consistency in trading.

Performance Assessment

Reviewing your trading results to identify areas for improvement.

Regular assessments help in refining your trading strategy.

Recovery Plan

A structured approach to regain confidence and improve performance after losses.

Having a recovery plan helps in managing emotions during tough times.

Pacing Strategy

A plan to manage the frequency and number of trades.

Pacing strategies help prevent burnout and emotional trading.

Trading Journal

A record of your trades, thoughts, and emotions during trading.

Keeping a journal enhances self-awareness and accountability.

Risk Card

A quick reference for key risk management concepts.

Using a risk card reinforces discipline and helps prevent emotional trading.

Emotional Trading

Making trading decisions based on emotions rather than logic.

Avoiding emotional trading is crucial for maintaining a successful trading strategy.

Market Volatility

The degree of variation in trading prices over time.

Understanding volatility helps in managing risk effectively.

Self-Test Quiz

1. What is leverage?

- A. Using personal funds to trade
- B. Using borrowed funds to increase potential returns ✓
- C. A type of trading strategy
- D. A method to reduce risk

Explanation: Leverage allows traders to control larger positions with smaller amounts of capital.

2. Define slippage.

- A. The difference between expected and actual trade prices ✓
- B. A type of trading strategy
- C. A method to increase profits
- D. The amount of leverage used

Explanation: Slippage occurs when the execution price of a trade differs from the expected price.

3. What is overtrading?

- A. Taking too many trades in a short period ✓
- B. Trading without a plan
- C. Trading only during high volatility
- D. A method to increase profits

Explanation: Overtrading refers to taking excessive trades, often leading to losses.

4. What is a daily stop?

- A. The maximum loss accepted in a day ✓
- B. A type of trading strategy
- C. A method to increase profits
- D. A way to measure performance

Explanation: A daily stop is a predetermined limit on losses for a trading day.

5. What is a weekly pause?

- A. A break after a set number of losing trades ✓
- B. A method to increase profits
- C. A type of trading strategy
- D. A way to measure performance

Explanation: A weekly pause is a predetermined break to reassess trading strategies.

6. What does trading readiness mean?

- A. Your mental and emotional preparedness to trade ✓
- B. The amount of capital you have
- C. The number of trades you plan to make
- D. A type of trading strategy

Explanation: Trading readiness refers to your mental and emotional state before trading.

7. What are high-impact news events?

- A. Economic reports that affect market conditions ✓
- B. A type of trading strategy
- C. A method to increase profits
- D. A way to measure performance

Explanation: High-impact news events are significant announcements that can cause market volatility.

8. Why is it important to assess your performance after losses?

- A. To ignore mistakes
- B. To identify areas for improvement ✓
- C. To increase trading frequency
- D. To reduce risk

Explanation: Assessing performance helps identify mistakes and improve future trading.

9. What is the purpose of a recovery plan?

- A. To increase profits
- B. To regain confidence after losses ✓
- C. To ignore past mistakes
- D. To trade more frequently

Explanation: A recovery plan is designed to help traders regain confidence and improve performance after losses.

10. How can pacing strategies improve trading discipline?

- A. By increasing the number of trades
- B. By setting limits on trading frequency ✓
- C. By ignoring emotional states
- D. By trading during high volatility

Explanation: Pacing strategies help maintain discipline by limiting the number of trades.

11. Why should you limit the number of trades per session?

- A. To increase profits
- B. To prevent overtrading ✓
- C. To ignore emotional states
- D. To trade more frequently

Explanation: Limiting trades helps prevent overtrading and maintains focus.

12. What is the significance of a Forex risk card?

- A. It increases profits
- B. It serves as a quick reference for risk management ✓
- C. It ignores emotional states
- D. It is a trading strategy

Explanation: A Forex risk card provides a quick reference to essential risk management strategies.

13. How can emotional trading impact your performance?

- A. It has no effect
- B. It can lead to poor decision-making ✓
- C. It always increases profits
- D. It is a trading strategy

Explanation: Emotional trading can cloud judgment and lead to poor trading decisions.

14. Why is it important to stay informed about news events?

- A. To ignore market conditions
- B. To increase trading frequency
- C. To avoid unexpected losses ✓
- D. To trade more frequently

Explanation: Staying informed helps traders avoid trading during volatile periods.

15. How can you enhance your understanding of key terms?

- A. By ignoring them
- B. By discussing with fellow traders ✓
- C. By trading more frequently
- D. By increasing leverage

Explanation: Discussing terms with others reinforces understanding and enhances knowledge.