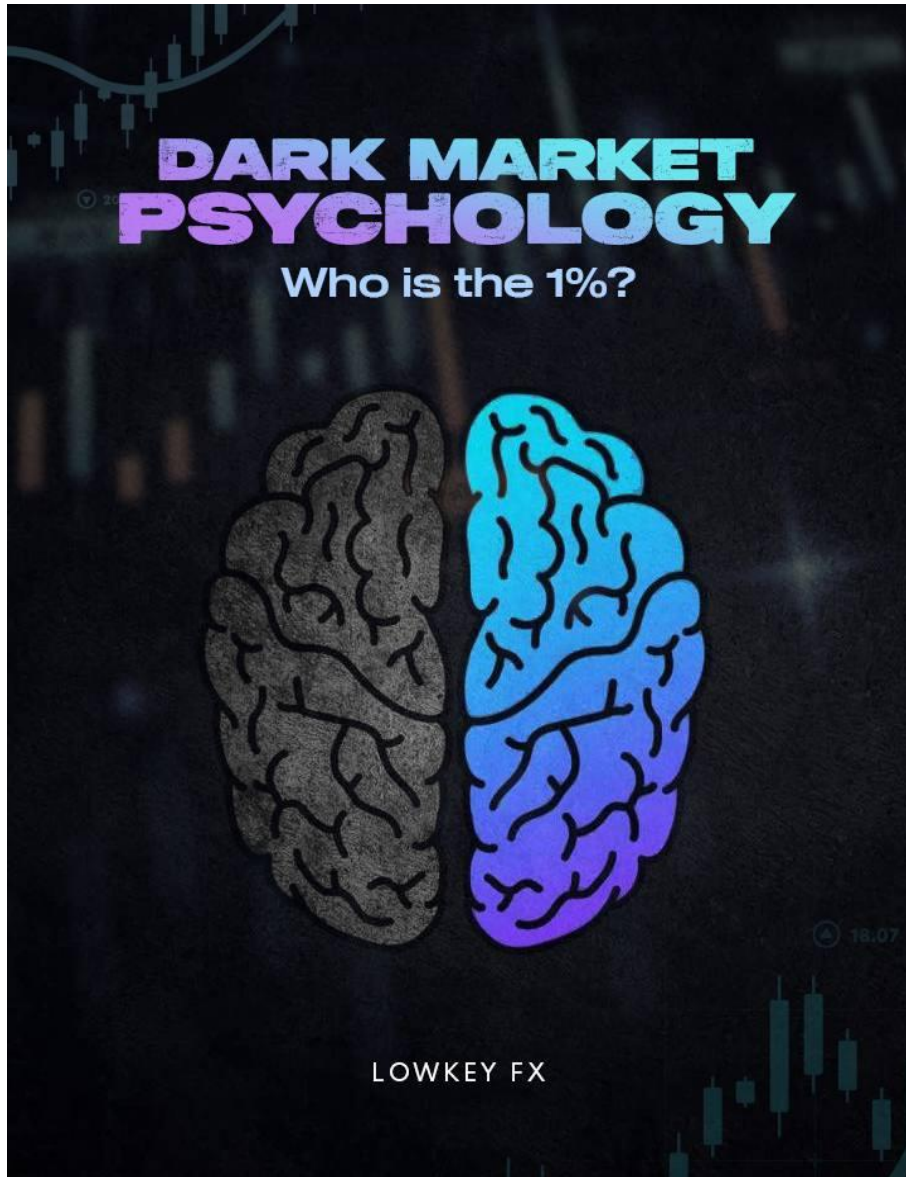


FOREX TRADING

# DARK MARKET PSYCHOLOGY

WHO IS THE 1%?

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## About The Author

*Fred Damas Mkama is a trader at Global Financial Markets specializing in Forex Trading since 2019. He is the **C.E.O** of [LOWKEY FX](#) and the founder of [ADVANCED PRICE ACTION](#) Strategy. He is a Pro Trader based on technical analysis and market psychology.*



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## Introduction

Me being a psychologist not only explains my research focus on the actual participants in the market, it also makes me acutely aware of the numerous relationships, research and otherwise, this research has rewarded me. I am extremely thankful and indebted to everybody who has been involved in my research and who has contributed to this book.

If you are interested in how psychology influences the forex market, this is the book for you. This book sheds light on spectacular market phenomena as well as on subliminal psychological processes in trading decisions. New insights are gathered from psychological theory and survey research studies.

*Forex trading is one of the most lucrative markets in the world, with trillions of dollars exchanged every day. However, with such high stakes, it's no surprise that the market attracts all kinds of players, including those who seek to manipulate and deceive others for their own gain. This is where "Forex Market Dark Psychology" comes in - this book aims to provide readers with an understanding of the tactics used by manipulators and how to protect themselves from falling victim to them.*

*Since the market is made out of people's decisions. I think **psychology** is the biggest driver of the Forex Market, more than anything else in the market. The charts we are seeing are the results of people's decisions. Most traders believe technical analysis is more effective than market psychology which is **wrong**. The movements we are seeing in the charts are results of thousands of peoples decisions ( mass psychology ) 85% of those decisions are made out of technical analysis, 14% Fundamentally **SO WHO IS THE 1% ?***

*This book will help traders to identify manipulation tactics used by other traders and investors to gain from retail traders losses, We can call it illegal trading.....*

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## CHAPTER 1

# *What is Market Psychology ?*

### **MARKET PSYCHOLOGY**

Forex market psychology refers to the mindset and emotions that influence the behavior of traders in the forex market. Most traders get emotional but have you ever asked yourself where does it come from ? These emotions and behaviors can impact the outcome of trades and can result in either profit or loss. The psychology of forex trading is critical because traders must be able to control their emotions to make rational and informed decisions.

One of the most important aspects of forex market psychology is *managing emotions*. Forex traders must manage their emotions effectively to avoid making rash decisions that could lead to losses. Some of the emotions that can impact forex trading include fear, greed, and anxiety. Fear can cause traders to exit trades too soon, while greed can cause them to hold onto trades for too long. Anxiety, on the other hand, can cause traders to avoid taking risks and miss out on potential profits.

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## THE PSYCHOLOGY BEHIND LOSING MONEY

### Cognitive Load and Decision Making in Trading.

Cognitive load refers to the amount of mental effort or resources required to process and store information in working memory during a task. In forex trading, the amount of cognitive load a trader experiences can have a significant impact on their decision-making ability.

Forex traders are constantly required to process and analyze vast amounts of information, such as market trends, economic indicators, news events, and technical analysis indicators. This can create a high cognitive load, making it challenging for traders to make informed decisions and avoid cognitive biases.

Research has shown that high cognitive load can impair decision-making ability in several ways. First, it can increase the likelihood of cognitive biases, such as confirmation bias and anchoring bias, which can lead traders to make suboptimal decisions based on incomplete or biased information.

High cognitive load can lead to decision fatigue, which occurs when a trader's mental resources are depleted, and they become more likely to make impulsive or hasty decisions. This can lead to over trading or taking on excessive risk.

High cognitive load can result in decreased working memory capacity, making it harder for traders to retain and process relevant information. This can lead to information overload, which can impair a trader's ability to identify important signals and filter out irrelevant noise.

To mitigate the negative effects of cognitive load on decision-making in forex trading, traders can adopt several strategies, such as breaking down complex tasks into smaller, more manageable steps, focusing on relevant information and reducing distractions, using checklists and decision-making frameworks, and taking breaks to recharge mental resources. Traders can also use tools and technologies that automate or simplify certain aspects of the trading process, such as algorithmic trading and risk management software.

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## Overconfidence

Overconfidence is another psychological factor that can contribute to traders losing money. Many traders overestimate their abilities and assume that they can outsmart the market. This overconfidence can lead traders to take risks that they would not normally take, leading to significant losses. Traders who are overconfident may also ignore warning signs and fail to take necessary precautions, leading to further losses.

Overconfidence can also lead traders to take on too much risk. Traders who are overconfident may assume that they can handle greater levels of risk than they actually can. They may take on larger positions or use more leverage than they should, believing that they can manage the risk effectively. However, if the market moves against them, they may find themselves exposed to significant losses that they are unable to manage.

To avoid the dangers of overconfidence, traders must remain humble, maintain discipline, and approach the market with a healthy respect for its complexity and unpredictability. By doing so, they can develop strategies that are more likely to result in success.

## Trading to recover losses

Traders who experience losses may feel a sense of panic and anxiety. They may be concerned about their ability to make up for their losses and may feel a sense of urgency to make up for their losses as quickly as possible. This can lead to impulsive decisions and can cause traders to take on more risk than they can handle.

Another reason why traders get emotional and trade to cover their losses is due to a sense of frustration. Traders who have experienced losses may feel that they have made poor decisions or that they are not capable of trading successfully. This can lead to a sense of frustration and can cause traders to make impulsive decisions in an effort to prove themselves or to make up for their losses.

To avoid making impulsive decisions based on emotion, traders must develop a well-defined trading plan, manage their risk effectively, and maintain discipline. They must also remain focused on their long-term goals and avoid becoming overly focused on short-term gains or losses. By doing so, they can develop strategies that are more likely to result in success in the financial markets.

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### Trading to prove yourself to people and the media.

A trader may engage in trading to demonstrate their abilities or success to others, rather than for purely financial reasons. The need to prove oneself to others can stem from a variety of sources, such as social pressure or the desire for recognition and validation. Traders who are motivated by these factors may become overly focused on achieving short-term gains, rather than adopting a long-term approach to trading. This can lead to impulsive decisions, as traders may feel the need to take risks or make trades that they may not otherwise consider, in an effort to demonstrate their skill or competence.

One of the dangers of trading to prove oneself to others is that it can lead to excessive risk-taking. Traders who are driven by the desire to prove themselves may take on more risk than they can handle, in an effort to generate profits quickly. This can lead to significant losses, particularly if the trader lacks the experience or expertise to manage the risks effectively.

Another danger of trading to prove oneself to others is that it can lead to emotional decision-making. Traders who are motivated by the desire to prove themselves may become overly emotional, particularly if they experience losses or setbacks. This can lead to impulsive decision-making, as traders may feel the need to take action in an effort to prove themselves or to avoid embarrassment.

To avoid the pitfalls of trading to prove oneself to others, traders must develop a clear understanding of their motivations and goals. They must focus on developing a solid trading plan and approach the markets with a long-term perspective. By doing so, they can avoid making impulsive decisions and can manage their risks effectively.

### Setting realistic trading goals

When traders set unrealistic goals, they may become overconfident or impatient, which can lead to poor trading decisions and potentially result in losses. Unrealistic goals can also create a sense of pressure or anxiety, which can negatively impact a trader's emotional state and decision-making abilities. *Some traders make plans of what they are going to spend their withdrawals on before trading which leads to bad trading decisions and taking high risk trades.*

On the other hand, setting realistic trading goals can help traders maintain a healthy balance between risk and reward, and provide a sense of accomplishment as they work



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towards achievable objectives. Realistic goals can also help traders stay focused and disciplined, as they provide a clear direction for their trading activities.

To set realistic trading goals, traders should consider factors such as their level of experience, their available time and resources, and their risk tolerance. Goals should be specific, measurable, and time-bound, and should align with a trader's overall trading strategy and long-term objectives. By setting realistic goals, traders can increase their chances of success and avoid falling victim to unrealistic expectations or pressure.

### Trading with what you can't afford to lose

One of the key rules of trading is to only trade with money that you can afford to lose. However, many traders still ignore this rule and end up losing money in the financial markets. There are several reasons why traders lose money when they trade with what they cannot afford to lose.

When traders trade with money that they cannot afford to lose, they are more likely to become emotional when making trading decisions. Fear and greed can cloud judgment, leading to impulsive and risky decisions. Traders who have a significant amount of money at risk may feel intense pressure to make profits quickly, leading to a lack of discipline and patience.

Trading with money that you cannot afford to lose can lead to excessive risk-taking. Traders who feel that they have a lot of money at risk may be more inclined to take on more risk than they would with money that they can afford to lose. This can lead to larger losses and can have a significant impact on a trader's overall financial position.

Traders who trade with money that they cannot afford to lose may lack the necessary experience or knowledge to make informed trading decisions. This can lead to poor trade execution and can increase the likelihood of losses. Traders who are new to the markets may be more likely to trade with money that they cannot afford to lose, as they may not fully understand the risks involved.

Trading with money that you cannot afford to lose can lead to psychological distress. Traders who lose significant amounts of money may experience anxiety, stress, and even depression. This can have a significant impact on their overall wellbeing and can lead to further emotional decision-making and losses.

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To avoid these pitfalls, traders must adhere to the rule of only trading with money that they can afford to lose. By doing so, they can approach trading with a disciplined and rational mindset, which is essential for success in the financial markets. [Click Here for more info](#)

### The role of social influence on Forex Trading.

Social influence refers to the impact that the actions, beliefs, and opinions of others have on an individual's behavior. In the context of forex trading, social influence can come from a variety of sources, including friends, family members, social media, and online forums. When individuals see others making quick profits from forex trading, they may feel compelled to do the same.

One of the main ways that social influence leads to a rich quick mentality in forex trading is through the promotion of unrealistic expectations. Many traders are lured in by the promise of high returns in a short amount of time. They see others making large profits and believe that they too can achieve similar results. However, these expectations are often unrealistic, and traders may end up losing money instead of making a profit.

Another way that social influence contributes to the rich quick mentality in forex trading is through the use of social proof. Social proof refers to the tendency of individuals to conform to the actions and beliefs of others. When traders see others making money from forex trading, they may feel pressured to do the same. This can lead to impulsive decision-making, such as placing trades without proper research or analysis.

The fear of missing out (FOMO) is another factor that contributes to the rich quick mentality in forex trading. FOMO refers to the feeling of anxiety or unease that arises when individuals feel that they are missing out on something that others are experiencing. When traders see others making quick profits from forex trading, they may feel that they are missing out on an opportunity to make money. This can lead to impulsive trading decisions, such as entering trades without proper analysis or risk management.

Social influence can lead to a rich quick mentality in forex trading. The promotion of unrealistic expectations, the use of social proof, and the fear of missing out can all contribute to impulsive decision-making and ultimately result in losses. Traders should be aware of these factors and take a more rational and disciplined approach to forex trading. It is important to conduct proper research and analysis, set realistic goals, and use proper risk management techniques to avoid falling victim to the rich quick mentality.

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## Greed

Greed is a natural human emotion that drives us to want more, but in the context of forex trading, it can be dangerous. Traders who are greedy often take on too much risk, and this can lead to significant losses. For example, a trader may see an opportunity to make a large profit and take on a position that is much larger than they can handle. This is known as overtrading, and it can quickly wipe out a trader's account. *When a trader trades an amount of capital he can't afford to lose, he will be emotionally attached to his trades, he won't be able to respect his strategy, he won't be able to hold trades for long.*

Another way that greed can lead to losses in forex trading is through the use of leverage. Leverage is a tool that allows traders to control large positions with a small amount of capital. While leverage can be a powerful way to amplify profits, it can also magnify losses. Traders who are greedy may use too much leverage, and this can lead to significant losses if the trade goes against them.

Greed can also lead traders to hold onto losing positions for too long. When a trader is in a losing position, it can be tempting to hold onto it in the hope that it will eventually turn around. However, this can lead to significant losses if the market continues to move against the trader. This is known as "holding onto losers," and it is a common mistake that many traders make.

In addition to these risks, greed can also lead to emotional trading. When a trader is driven by greed, they may become overly emotional and make decisions based on their emotions rather than rational analysis. This can lead to impulsive trading decisions that are not based on sound strategy or analysis.

To avoid losing money due to greed, traders need to be disciplined and have a solid trading plan. This plan should include risk management strategies that help to control the amount of risk that is taken on in each trade. Traders should also use leverage responsibly and avoid overtrading. Finally, traders need to be able to control their emotions and make rational decisions based on analysis rather than emotions.

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## Fear

Fear is a natural emotion that affects everyone, including forex traders. Fear can manifest in various forms, such as fear of missing out (FOMO), fear of losing money (FOLM), fear of making the wrong trade, fear of losing profits, and fear of the unknown. These fears often lead to poor decision-making, resulting in significant losses for traders. One of the main reasons why forex traders lose money due to fear is the fear of missing out on profitable trades. Traders may become anxious about not taking advantage of a particular opportunity to make a profit, leading them to enter trades that they are not fully comfortable with, resulting in losses.

Another fear that affects forex traders is the fear of losing money. Losing money is an inherent risk in forex trading, and traders who are too afraid of losing money may not make trades that have the potential to be profitable. This fear may also lead traders to hold onto losing positions for too long, hoping that the market will turn in their favor, which often leads to even bigger losses. Traders who are too afraid of losing money may also set unrealistic stop-loss orders, which may lead to premature exits from profitable trades.

Forex traders may also fear making the wrong trade, which leads to inaction. This fear is often caused by over-analyzing the market or the fear of making a mistake. Traders may become paralyzed and unable to make any trades, leading to missed opportunities for profits. Similarly, traders who are afraid of losing profits may exit profitable trades prematurely, often resulting in missed opportunities for even more significant profits.

The fear of the unknown is also a significant factor that affects forex traders. The forex market is unpredictable, and traders may become anxious about not knowing what to expect. This fear may lead to traders second-guessing their trading strategies, which may result in missed opportunities for profitable trades.

To overcome the fear that affects forex traders, it is crucial to understand that forex trading involves risks and losses. It is impossible to eliminate all risks associated with forex trading, but traders can take steps to manage their risks effectively. For instance, traders can create a trading plan that outlines their strategies and risk management techniques. This plan should include clear entry and exit points, stop-loss orders, and take-profit orders. Traders should also set realistic expectations for their profits and losses, and not allow emotions to cloud their judgment.

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## CHAPTER 2

# THE DARK MARKET

The concept of dark market psychology in forex trading refers to the use of unethical and manipulative tactics by traders to gain an unfair advantage over other market participants. This chapter will delve into the specific tactics used by manipulators in the forex market. It will cover topics such as insider trading, front running, spoofing, and wash trading. They may also use psychological manipulation techniques to exploit the emotions and biases of other traders.

Traders who engage in these unethical practices may be motivated by greed, power, or a desire for control. They may also be driven by a need for validation or recognition, or by a sense of entitlement or superiority.

It is important for forex traders to be aware of these dark market psychology tactics and to avoid engaging in them. Trading based on sound analysis and logical decision-making, rather than emotion or manipulation, is key to long-term success in the forex market. Additionally, regulatory bodies such as the SEC and CFTC work to identify and prosecute traders who engage in illegal or unethical practices.

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## ILLEGAL TRADING

### Insider Trading

Insider forex trading refers to the act of trading foreign currencies based on non-public information that is not available to the general public. Insider trading is illegal in most jurisdictions, including the forex market, as it gives an unfair advantage to individuals or entities with privileged information. Eg *Just imagine if you had access to the NFP news results before they are released.*

Insider forex trading can occur in different ways. For example, it can involve employees of a forex company or a financial institution who have access to confidential information about the forex market or specific currencies. Such information can include details about economic indicators, financial reports, or upcoming news events that could impact the price of a currency.

Another form of insider trading in the forex market is when a government official, central bank official, or another influential person has access to confidential information that could impact the price of a currency. For example, a government official may have knowledge of an impending economic policy change that could affect the value of a currency.

Insider trading is considered unethical and illegal because it violates the principle of fair market trading. It also undermines the integrity and transparency of the forex market, which relies on the free flow of information for traders to make informed decisions.

### Front running

Front running in forex trading refers to a trading strategy where a trader takes advantage of advanced knowledge of an impending trade order from a client or another market participant to enter a trade ahead of them, with the intention of profiting from the anticipated price movement resulting from the order execution.

Front running is considered unethical and can be illegal, as it involves using confidential information to gain an unfair advantage over other market participants. In the forex market, front running can occur when a broker or a trader has access to information about a large order that is about to be executed in the market.

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For example, if a trader knows that a large buy order for a particular currency is about to be executed, they may enter a buy order for that currency before the large order is executed, driving up the price. Once the large order is executed, the trader can then sell their position at a profit.

Front running can have negative consequences for the market as a whole, as it can undermine trust in the fairness and transparency of the market. It can also result in losses for the client or the other market participant whose order was front-run, as they may not be able to execute their order at the desired price.

Regulators and exchanges have implemented various measures to prevent front running, such as restricting the use of market data and order flow information to prevent traders from gaining an unfair advantage. Forex traders should avoid engaging in front running and instead focus on trading based on publicly available information and analysis.

### Spoofing Trading

Spoofing in forex trading refers to a manipulative trading strategy where a trader places a large order to buy or sell a particular currency with the intention of canceling or modifying it before the order is executed, in an attempt to create a false impression of market demand or supply and manipulate the price of the currency.

Spoofing involves the use of technology to place and cancel orders quickly, making it difficult for other market participants to detect and respond to the manipulation. For example, a trader may place a large buy order for a currency, creating the impression of strong demand and driving up the price. The trader may then cancel the order before it is executed, leaving other traders with buy orders that they may not be able to execute at the inflated price.

Spoofing is considered a form of market manipulation and is illegal in many jurisdictions. The practice can harm the integrity and stability of the forex market by distorting the price signals and undermining the trust of market participants. Spoofing can also result in losses for other traders who may have placed orders based on the false impression created by the spoofing.

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## Wash trading

Wash trading in forex trading refers to a manipulative trading strategy where a trader simultaneously buys and sells the same currency pair, or multiple traders collude to create artificial trading activity, with the intention of creating the appearance of market demand or supply and manipulating the price of the currency.

Wash trading is considered a form of market manipulation and is illegal in most jurisdictions, as it can distort the price signals and undermine the trust of other market participants. Wash trading can also be used to deceive investors by creating the impression of market activity and liquidity that does not exist.

Wash trading can be carried out in different ways in the forex market. For example, a trader may place a buy order for a particular currency pair and then immediately place a sell order for the same amount and at the same price, resulting in a net-zero trade position. The trader may repeat this cycle of buying and selling the same currency pair repeatedly, creating the appearance of market activity and liquidity.

Wash trading can also involve multiple traders colluding to create the appearance of market demand or supply by buying and selling the same currency pair among themselves, with no intention of taking a genuine trading position.



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## **CHAPTER 3**

### ***MARKET PSYCHOLOGY VS TECHNICAL ANALYSIS***

Market psychology and technical analysis are both important components of forex trading. While technical analysis focuses on analyzing charts and data to identify trends and patterns, market psychology is concerned with understanding the emotions and behaviors of market participants.

Market psychology can be seen as being more important than technical analysis in forex because ultimately, it is the collective emotions and behaviors of traders that drive price movements. Technical analysis can provide valuable insights into market trends and patterns, but it cannot predict how traders will react to news, events, or changing market conditions.

By understanding market psychology, traders can better anticipate how other market participants are likely to behave and adjust their trading strategies accordingly. For example, if traders are feeling bullish about a particular currency pair, it may be a good time to go long, whereas if traders are feeling bearish, it may be better to go short.

Another important aspect of market psychology is herd mentality. When a large number of market participants all start behaving in the same way, it can lead to market distortions and create opportunities for contrarian traders. By understanding herd mentality, traders can identify potential market inefficiencies and take advantage of them.

While market psychology is often seen as being more important than technical analysis, it's important to note that the two are not mutually exclusive. Technical analysis can provide valuable insights into market trends and patterns, and can help traders identify potential entry and exit points for trades. However, technical analysis is limited in its ability to predict how traders will behave in the future, and by incorporating an understanding of market psychology into their trading strategies, traders can improve their ability to predict how the market is likely to behave.

Some key elements of market psychology that forex traders should be aware of include fear, greed, and herd mentality. Fear can cause traders to panic and sell off positions, while greed can lead them to take on too much risk. Herd mentality can cause traders to follow

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the crowd and make decisions based on what everyone else is doing, rather than conducting their own analysis.

While both market psychology and technical analysis are important components of forex trading, understanding market psychology can be more valuable because it allows traders to better anticipate how other market participants are likely to behave and adjust their strategies accordingly. By combining technical analysis with an understanding of market psychology, traders can make more informed trading decisions and improve their chances of success.

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## **CHAPTER 4**

# **THE ONE %**

Becoming a successful trader requires a great deal of discipline, patience, and a solid understanding of the markets. To be a 1% successful trader, you must be committed to learning about the markets, analyzing data and market trends, and developing a sound trading strategy. You should also have a keen eye for risk management and be able to control your emotions while making decisions. Successful traders continuously monitor their trades and adapt to changes in the market, often updating their strategies as necessary. It's also essential to have a long-term outlook and avoid impulsive decision-making.

## **HOW TO BECOME THE 1%**

### **Develop a deep understanding of the markets**

This means staying up-to-date on the latest news, trends, and economic news that can impact the markets you trade in. It also means studying historical data and market patterns to help you identify opportunities and make informed trading decisions.

To stay informed on the latest market news, follow reliable financial news sources such as Bloomberg, Reuters, and CNBC. Also, keep an eye on economic news that can impact the markets you trade in, such as interest rates, inflation rates, GDP growth, and employment figures. Studying historical data and market patterns can provide valuable insights into market trends and

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potential trading opportunities. A well-defined trading strategy is critical for success in the markets, and it should include entry and exit points, risk management techniques, and a clear understanding of your trading goals. Staying disciplined is essential when it comes to trading. To stay disciplined, stick to your trading plan, avoid making emotional decisions based on fear or greed, and manage your risk carefully. Lastly, learning from your mistakes is crucial. Use your mistakes as an opportunity to learn and improve your trading strategy. Keep a trading journal to record your trades and analyze your performance. You can also seek feedback from other traders or join trading communities to share your experiences and learn from others.

### Understanding your trading personality

Forex trading requires a certain level of psychological and emotional resilience, and being aware of your own strengths and weaknesses can help you develop a trading strategy that works for you. By understanding your trading personality, you can identify which trading style and approach suits you best, such as long-term investing, day trading, or swing trading. This can help you make better trading decisions and ultimately lead to greater success in the forex market.

Forex trading involves making decisions based on a variety of factors, including economic indicators, technical analysis, and market sentiment. However, the human element of trading, such as emotions, personality traits, and cognitive biases, can also play a significant role in determining the success or failure of a trader.

Each individual has their own unique personality traits and tendencies that can affect their approach to trading. For example, some traders may have a high tolerance for risk and prefer more aggressive trading strategies, while others may be more risk-averse and prefer more conservative approaches. By understanding your own trading personality, you can identify which style and approach suits you best and avoid making decisions that are not in line with your natural tendencies.

Furthermore, having a clear understanding of your trading personality can help you develop a trading plan that is tailored to your individual needs and goals. This can involve setting specific targets and risk management strategies, as well as identifying the types of market conditions and trading opportunities that are most suitable for your style and approach.

Overall, understanding your own trading personality is an important aspect of successful forex trading. By being aware of your strengths and weaknesses and developing a trading

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plan that suits your individual needs and goals, you can improve your chances of making profitable trades and achieving long-term success in the forex market.

### Have a well-defined trading strategy

Your trading strategy should be based on your goals, risk tolerance, and market knowledge. This could involve using technical analysis, fundamental analysis, or a combination of both. Your strategy should also include entry and exit points, stop-loss levels, and profit targets.

Your trading strategy should also include entry and exit points, stop-loss levels, and profit targets. These should be clear and based on your analysis of the market. By setting clear entry and exit points, you can limit your losses and maximize your profits. It's also important to manage risk carefully by setting stop-loss levels and avoiding overtrading.

It's crucial to stick to your trading strategy and avoid making emotional decisions based on fear or greed. By staying disciplined and following your plan, you can improve your chances of success in the markets. Learning from your mistakes is also essential. By analyzing your trades and keeping a trading journal, you can identify areas for improvement and refine your trading strategy over time.

### Practice disciplined trading

Successful traders are disciplined and consistent in their approach to trading. This means avoiding emotional trades, sticking to your strategy, and avoiding the temptation to over-trade or take on too much risk.

Disciplined trading is essential for successful trading. It involves having a clear understanding of your trading strategy and sticking to it. This means avoiding emotional trades, such as panic-selling during a market downturn or buying into a hype without conducting proper research. Emotional trading can lead to irrational decision-making, which can result in significant losses.

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To practice disciplined trading, you should develop a trading plan and stick to it. This plan should include your entry and exit points, stop-loss levels, and profit targets. It should also include your risk management strategy. By sticking to your trading plan, you can avoid impulsive decisions and ensure that your trades are based on analysis rather than emotions.

It's also important to avoid over-trading and taking on too much risk. Over-trading can lead to losses due to transaction costs, and taking on too much risk can result in significant losses. You should manage your risk carefully and ensure that you have sufficient capital to cover potential losses. This may involve using a risk management strategy, such as limiting your exposure to any single asset or diversifying your portfolio across multiple assets. By practicing disciplined trading and managing your risk carefully, you can improve your chances of success in the markets.

### Manage risk effectively

Managing risk is critical to long-term success as a trader. In the real world anything we have or we use has its risks, and all in all we can not control them but we can manage them, the same law is used in the market.

The way to manage risk is by using stop-loss orders. Stop-loss orders are set at a certain price level below the current market price, and when triggered, they execute a trade to limit your losses. Stop-loss orders are an essential tool to manage risk as they help to prevent emotional trading decisions, which often result in significant losses.

Risk management also involves monitoring the amount of capital allocated to each trade. A general rule of thumb is to risk no more than 10% of your capital on each trade. In addition, you should avoid taking on trades that exceed your risk tolerance or go against your trading strategy. By managing your trades carefully and avoiding excessive risk, you can minimize potential losses and increase your chances of long-term success.

Successful traders often use position sizing techniques, which determine the number of positions to trade based on the amount of capital available, the stop-loss level, and the volatility of the asset. Position sizing helps to control the amount of risk taken on each trade and can help to limit losses. By incorporating position sizing and other risk management techniques into your trading strategy, you can effectively manage risk and increase your chances of long-term success.

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## Continuously learn and adapt

Successful traders understand that the markets are always changing and evolving, and it's important to keep up with the latest developments. To stay ahead of the curve, traders need to continuously learn and adapt their strategies to changing market conditions. This could involve attending seminars or webinars, reading trading books, or networking with other traders. By keeping up-to-date with the latest trends and best practices, traders can stay ahead of the competition and increase their chances of success.

Another way to continuously learn and adapt is to analyze your trading performance regularly. This means reviewing your trades, identifying what worked and what didn't, and making adjustments to your strategy accordingly. It's important to be open-minded and willing to try new things, even if they may be different from your current approach. By analyzing your performance regularly and being willing to adapt, you can refine your trading strategy and increase your chances of success.

Networking with other traders is also a great way to learn and adapt. This could involve joining online trading communities, attending local trading groups, or connecting with other traders on social media. By networking with other traders, you can learn about new trading ways, share your experiences, and get feedback on your trading approach. This can be invaluable for identifying blind spots in your strategy, discovering new opportunities, and refining your approach.

Learning and adapting also means having a growth mindset. This means being open to new ideas and perspectives, embracing challenges and setbacks as opportunities for growth, and seeking out feedback and constructive criticism. By having a growth mindset, you can maintain a positive attitude even during difficult times, remain focused on your goals, and continue to learn and adapt to new conditions.

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## Be patient and persistent

Trading is a marathon, not a sprint. It takes time and persistence to achieve consistent profits as a trader. This means being patient during losing streaks, staying focused on your goals, and putting in the time and effort required to succeed.

It's important to have a realistic view of the market and understand that there will be ups and downs along the way. During losing streaks, it's important to stay calm and focused, avoid making impulsive decisions, and stick to your trading plan. This means keeping a level head and avoiding the temptation to chase losses or take on more risk than you can handle. By being patient during losing streaks, you can avoid making emotional decisions that could lead to even greater losses.

Staying focused on your goals is also essential for being patient and persistent in trading. This means having a clear understanding of why you're trading, what you hope to achieve, and what steps you need to take to get there. It's important to have a long-term perspective and avoid getting too caught up in short-term gains or losses. By focusing on your goals and staying committed to your strategy, you can maintain the discipline and persistence required to succeed as a trader.

Being patient and persistent requires putting in the time and effort required to succeed. This means dedicating time each day to study the markets, analyze your trades, and refine your strategy. It also means being willing to learn from your mistakes, seek out feedback and guidance from other traders, and continuously improve your skills. By putting in the time and effort required to succeed, you can build the knowledge, experience, and discipline needed to achieve consistent profits over the long-term.



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## Stay Motivated

Trading forex can be a challenging and stressful activity, and traders may experience periods of losses or difficult market conditions that can test their motivation and resilience. In such situations, it can be helpful for traders to have strategies for staying motivated and focused, such as setting achievable goals, maintaining a positive attitude, and seeking support from other traders or mentors.

In addition, maintaining a healthy work-life balance is important for avoiding burnout and maintaining mental and physical well-being. This can include strategies such as setting aside time for hobbies and other activities outside of trading, taking breaks when needed, and maintaining a healthy diet and exercise routine.

## In summary

To be in the 1%, you need to have a deep understanding of the markets you trade in, a well-defined trading strategy, disciplined trading habits, effective risk management, continuous learning and adaptation, patience and persistence.

Trading is a long-term game, and consistent profits are not achieved overnight. It takes time, effort, and discipline to succeed in the markets. Being patient during losing streaks, staying focused on your goals, and putting in the necessary effort to succeed are all crucial for success. As the poet William Arthur Ward once said, "Persistence is the twin sister of excellence. One is a matter of quality; the other, a matter of time." By embodying these qualities and following the principles outlined above, you can increase your chances of becoming a 1% successful trader.

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# LOWKEY FX FACTS

- *Don't ever think technical analysis is more effective than psychology.*
- *If you are emotional in taking trades that means you're trading what you can't afford to lose.*
- *Over risking is the slowest way to win, Risk management is the fastest way to win.*
- *If you think a huge capital will make you profitable, you're wrong. If you can't manage a 100usd account, how will you be able to manage a 100,000 account?*
- *The best mentor is the market, not your strategy.*
- *Don't make plans on how you are going to spend on your withdrawal before trading.*
- *The market is made out of people's decisions so psychology is the biggest driver of the Forex Market, more than anything else in the market.*
- *Emotions lead to bad traders. Bad trades lead to emotions.*
- *Forex is not a rich quick scheme, the sooner you realize the better.*
- *Trading is not about being right, it's about being profitable.*
- *In trading, what is comfortable is rarely profitable.*
- *Social media inspirations can either build you or crush your psychology.*
- *The best traders are not afraid to take risks, but they always manage their risk.*
- *"Trading is not about being right, it's about how much money you make when you're right and how much you lose when you're wrong.*

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*Forex trading is a challenging and complex activity that requires not only a solid understanding of technical and fundamental analysis but also a strong psychological mindset. In this book, we have explored some of the key psychological challenges that traders face when trading forex, as well as some strategies for overcoming them.*

*One of the main psychological challenges that traders face is the impact of emotions on decision-making. Fear, greed, and impatience can all lead to irrational decision-making and poor trading outcomes. To overcome these challenges, traders need to develop emotional intelligence and the ability to manage their emotions effectively.*

*Another key psychological challenge is the tendency to overtrade or take excessive risks. This can be due to a desire for instant gratification or a fear of missing out on potential profits. To avoid these pitfalls, traders need to have a well-defined trading plan that includes risk management strategies and clear entry and exit points.*

*In addition to these challenges, traders also need to be able to handle losses and setbacks. This requires resilience, patience, and the ability to learn from mistakes. Successful traders understand that losses are a natural part of the trading process and are able to stay focused on their long-term goals despite short-term setbacks.*

*Ultimately, developing a successful forex trading psychology requires a combination of self-awareness, discipline, and perseverance. Traders who are able to manage their emotions, avoid impulsive decisions, and stay committed to their trading plan are more likely to achieve success in the forex market.*

*Forex trading is not only a technical and analytical endeavor but also a psychological one. By understanding and addressing the psychological challenges of trading, traders can improve their chances of success and achieve their trading goals. With discipline, perseverance, and a commitment to self-improvement, traders can develop a strong psychological mindset that will help them thrive in the dynamic and challenging world of forex trading.*

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Since the market is made out of people's decisions, **psychology** is the biggest driver of the Forex Market, more than anything else in the market. Welcome to the ONE % [@LowkeyFX](#)

