

Issues Worksheet

Date _____

Name _____

Use this worksheet to brainstorm for potential “ issues” you may be having about trading. The first page is an example of how someone might fill it out using fears and other issues. Perform EFT for practice every day when you wake, again when you eat, and before you go to sleep. The daily practice will allow you to learn to use this method when you most need it; that is, when confronted with a trading situation that is causing you problems now.

If anger, frustration, fears, or any other strong emotions come up while you are trading, it can be very difficult to simply follow your signals and take or not take the trade. EFT allows you to be pro-active while still following your trading system. Give it four weeks with regular daily practice, morning, meal times and at night, then decide if this method has been helpful to you.

This first example shows how the original “issue” that being a fear of failing at trading (however you define failing) and how that issue changes as you work through the EFT. First it was “afraid of failing” then it became “what will people say” and finally it became “I’m really worried.” It’s quite normal for an issue to change as you work through it.

ISSUE	SUD* (Standard Units of Distress)	Aspects/Thoughts That Arise: (Write comments here, and then go back and give each comment it's own line)	Set-up Phrase : Even Though..... I deeply and completely accept myself
Fear of Failing	___/___	I'm afraid of trying and failing. What will people say when they find out I failed? What will my mother say, she already thinks I'm not doing the right thing by my family, and what if I lose a lot of money? How will I support my family.	I'm afraid of failing becomes: <i>"Even though I'm afraid of failing, I deeply and completely accept myself."</i>
	___/___	What will people say?	<i>"Even though I'm afraid of what people will say if I fail, I deeply and completely accept myself."</i>
	___/___	What will my mother think?	<i>"Even though I can't stand the thought of what my mother would say if I lose my family's money, I deeply and completely accept myself."</i>
	___/___	How will I support my family?	<i>"Even though I don't know how I'll support my family if I fail, I deeply and completely accept myself."</i>
	___/___	This has got me really worried	<i>"Even though I'm really worried about whether I can do this, I deeply and completely know this is what I want to do."</i>

* SUD - (Standard Units of Distress 1 - 10 scale)

While in a trade your stress levels are at their highest and all your attention is likely on the issue at hand; that is, on your trade in that moment. While you could be experiencing any number of "issues" at that moment, the ability to stop and take notice requires a bit of practice and discipline. The best way to begin is to simply "catch yourself being yourself" throughout your regular day.

As you go about your usual business, whether it be work, home life, sports or some other activity, how you solve problems, and decide what you will or won't do next is basically how you handle yourself when confronted with the stress of trading. If you tend to make snap decisions, you may do this when trading but with disastrous results, since when trading, the system you trade is usually more trustworthy than hunches or tips. What happens if your wearing your best suit of clothes, it's pouring rain and you get a flat tire? Are you angry, upset? You may then be angry and upset while trading and the trade is not doing as you expected (or wanted). You must get yourself out of the way when trading. The market will do as it pleases, you cannot influence it in any fashion, except to take money out of it when the opportunity arises.

Watch yourself for clues to your usual behavior when under pressure and stress, and write those issues down. I tend to ____ whenever ____ is one question you could answer to get started. Using EFT on those issues will help your trading indirectly because it will give you better control over those impulses whether you are in front of your screens or behind the wheel of a car. Not everyone gets angry when things go wrong, so if you're the type that stays calm (but simmers inside) you'd could use EFT on that as well.

When I say "use EFT on that" I'm referring to the idea that all stress can be relieved with EFT. Stress is not your friend. It's far better to relieve tension and stress before you get in front of your trading screens so you can simply do what you do best; make trades. All traders know that no system is designed to never be on the wrong side, so those losses are also something you must deal with. If a string of losses creates the need to "get it back" that is another dead end for a trader. You cannot effectively trade from a need to win back losses. At the end of the day you can tally your wins and losses but during the trading day it's best to stay in the moment with each trade standing alone.

Some people are very calm in the face of disaster or obstacles, and they may be inclined to call for roadside assistance, nothing wrong with that, but when trading, there is no one to call. By the time you pick up the phone the move is over. That's is where having a specific rule-set or system is critical. A good trading system allows you to take yourself out of the process and simply leave you to wait and watch for certain signs and then to take action. Good or bad, you wait and watch for the next signal, and again take action. If you are disciplined, and learn to handle your emotions, you can become the successful trading you know you already are.

The last page of this packet is a blank worksheet for you to print and copy and then use for practice. You can also write your issues on any slip of paper, but do write them down when they come to you. It's much more difficult to try to recall them later.

Send questions to me at kmartyn@daytradersmentor.com and I'll reply and quickly as possible. If you have questions about the phrasing or the sequence or any other aspect, please send me a message so I can help. This technique is hugely helpful when used and with a bit of practice is easily mastered. Remember that it's not the words you say when you do EFT but the thoughts, so if you can't think of the "right thing to say" don't worry--there is no right thing to say. Just think about your issue and tap through the tapping points while continuing to think of your issue. When you are done, if you remembered to get a starting SUD level, then you can re-rate the issue to see if the number has changed. Change means something is happening.

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