



Emotions

What is really your deepest fear?

Scared Money Never Wins!

Neo: "I know what you are trying to do!"

Morpheus: "I am trying to free your mind Neo. But I can only show you the door. You are the one that has to walk through it.

You have to let it all go Neo, fear, doubt and disbelief. Free your mind!"

Morpheus: "There is a difference between knowing the path and walking the path."

From the movie: "The Matrix"

You must "LET GO" of fear, disbelief in yourself, and worry. If you are fearful, ask yourself "what am I afraid of?" If the answer is that you do not have confidence in your trading system or approach, then you must do everything possible to become confident! This allows you to trade confidently and fearlessly. It is also important to realize that you must react and be aware of the risks of trading the financial markets.

If you leave an opening in your mind where fear can gain hold and guess what, your fear becomes reality! What ever you are anxious about has the potential to become reality because of the excess energy you assert because of the importance you associate with this focused emotion. When this type of anxiousness is energized by remaining in thought, then it will crystallize into reality. If you are a fearful trader than it will sabotage you until your worst fear is realized, failure!

Traders that experience thoughts of failure should not take them lightly. Instead they must find out what are causing these thoughts and take action to nullify them. Because once thoughts of failure become energized by negative emotions such as fear, they manifest into reality. Traders that fear failure will ultimately fail. Traders that fear success will not succeed. If you have these thoughts, then don't trade until these

thoughts are dealt with openly where they will be less powerful than if they were denied. You must confront them and remove their power so they don't occupy your thoughts.

Fear of failing, or fear of success, must be dealt with and removed from your thoughts before you will be successful at anything you try and do. So choose and protect your thoughts carefully! Outside influences can and do impact what you think, much like garbage in equals garbage out. Even something as harmless as watching the news regularly with all its violence and dramatic fearful stories can over time create a fear based belief system in the viewer. Compound this with violent movies and TV programming and it is no wonder most people walk around looking over their shoulder and focus on and energize fear based thoughts which then manifest themselves in reality. This is why I say to protect your thoughts from manipulative outside forces and instead focus your energy on wholesome, happy, abundant, and fun thoughts creating the life you want, not the life someone else wants for you! See your glass as half full, not as half empty. Think of the universe as an abundant place not a place of scarcity, fear, and sorrow.

**Written by Bennett McDowell, President
TradersCoach.com**

© 2005 by TradersCoach.com, Inc. All rights reserved.