

## You MIGHT be a struggling trader if ...

- Your average pip capture is under 15 pips
- You have refunded your account 3 or more times
- You constantly get stopped out only to see the market go to your target
- You think you can pick tops and bottoms
- You get mad at the market when you lose
- You blame the broker again for hunting your stops
- You have never read the Disciplined Trader by Mark Douglas
- Your account is dwindling faster than your gains
- You concentrate on the reward of trading instead of the risk of trading
- You have road rage at times
- You are impatient at red traffic lights
- You do not spend an adequate amount of time pre-market studying it
- You do not trust your system's trading signals
- You do not believe in the K.I.S.S. principle
- You do not put support and resistance levels on your charts
- You do not understand why a currency is moving in a certain direction
- You have not memorized the most prolific chart patterns in the market

## You ARE a struggling trader if ...

- You bounce from system to system trying to find a perfect fit
- You bet the farm
- You are making 20-30 trades a week and not seeing profits
- You risk more than 2-5% of your margin on all open trades
- You do not assess your risk and reward on every trade and pass on making trades with less than 1 to 1 risk to reward ratio
- You chase trades
- Enter at the top or bottom of the movement
- You pull your stops when it goes against you
- You think stops are for sissies
- You have to be in the market all the time
- You are looking for the Holy Grail in trading
- You keep looking for the next methodology to trade
- Spend more time in online forums than actually studying the market yourself