



<https://welcome.eminitradingpit.com/trading-emotions/>

Trading Emotions

Emotions are necessary for living, but with this worksheet you can discover some areas you may want to re-evaluate.

1. When I am With a Group of Friends or Colleagues, Do I Often Feel Like Part of The Group or Like a Loner, and Why?

2. Do I Ever Lie To Myself, and If So Why?

3. Do I Ever Stretch the Truth That Can Be Construed As a Lie? _____

4. Do I Ever Lie To Others? _____

5. Can I Lose Myself In An Emotional Outburst, and If So Write Down a Time it happened (Doesn't have to be trading related)?

6. Are Most of My Actions Impulsive, Reactionary, or Well Thought Out?

7. Do My Current Goals Correlate To My Goal Of Becoming a Trader/Investor? _____