

Turn Fear into Profits “Cheat” Sheet

This is a so-called “cheat sheet” that lists each of the techniques we covered in the Turn Fear into Profits program. A brief description, including use, is given in the Comments.

| Session | Technique/Practice | Comment |
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| # 2 | Defusion Exercises: 1. Scrambled Sentences 2. A Different Voice 3. “I’m having the thought that ...” | <p>These defusion exercises are especially useful for “hot” thoughts.</p> <p>The “I’m having the thought that ...” exercise is also very good for body sensations and emotions, including urges to act/not act (“I’m having the feeling that ...; I’m having an urge to ...”)</p> |
| # 3 | Meditation #1 | <p>The first part of Meditation #1 is a body scan. This is useful for many things, but here, we use it to center ourselves in the body and release tension. This alone is a great ‘stress-buster’ and can be used alone as a quick and systematic way to de-stress. The primary focus of Meditation #1 is on developing awareness of body sensations, their qualities, intensities, location, shape, and how they are dynamic and always changing.</p> |

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| | Meditation #2 | <p>You can consider Meditation #1 as a sort of general meditation that can be used anytime.</p> <p>More with feelings and sensations, this time with a focus on the sensation's impact as being either 'local' or 'global' and noting or labeling the location of the sensations and how they change, with a specific focus on your personal challenging trading situation. This can be used effectively before trading or before confronting a challenging trading situation (or any challenging situation – remember, these techniques and methods are good in life, as well, and can be practiced every day to make the skill and ability stronger).</p> |
| #4 | Meditation #3 | <p>This meditation is about the thinking process in terms of talking (self-talk) and imaging (pictures, scenes, faces, images in the mind's eye), labeling or noting these. We also identify confusion as just another temporary mental state.</p> |

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| | | <p>This is geared towards fear and any other challenging emotion (e.g., anger). Also, you can use the techniques of noting and labeling talking, imaging and confusion with any meditation where the mind is active and pulling you into the content or meaning of the self-talk and images.</p> |
| | Mental Parking | <p>Can be used anytime. We mentally park issues such as a mistake or a loss when in the middle of trading, as this is not the time to review but to execute. This helps us not only to clear the head and refocus, but it keeps us true to the trading psychology process of before/during/after.</p> |
| | Daily Mission | <p>Used to keep whatever High Value Action or mental skill you are working on at the forefront of your mind while trading. Keep them Specific, Achievable, and Meaningful (i.e., it matters to your trading).</p> |

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| | Anchoring | Use to center yourself. Improves working memory and resilience. Soles of feet, hands, or sit bones are good anchor points. Can be used during formal meditation to re-center yourself after the mind wanders. In later lessons we show how to use anchoring 'real-time' when the mind has slipped off the task-at-hand. We also show how to use it to deal with emotional hijackings or emotional storms. |
| #5 | Meditation #4 | This meditation begins to bring both thoughts and feelings together. It covers the entire experience of your challenging trading situation. We bring attention and focus to five components: talking, imaging, confusion (thinking) and local or global impacts on the body (feelings and sensations). You are likely to find patterns in these sensory experiences where, say, talking (self-talk) leads to an image, and this sparks a local sensations, say in |

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| | | <p>the shoulders), which becomes global (spreading, for example, across the chest and into the neck, back and lower body). We are deconstructing these sensations into patterns.</p> |
| | Surfing | <p>For real-time use. Emotions begin, have a middle which is usually has a peak intensity, and an end. We track and rate these intensifies through surfing. Having surfed a “Number 6” makes it easier for you to deal with a “Number 4.”</p> |
| | Paper Tiger | <p>A useful metaphor to remember that feeding the tiger will only make it grow bigger and scarier. We fuse to the idea of tiger and all it’s scariness without realizing it’s only a paper tiger.</p> |
| | Acceptance & Committed Trading (Application of the Anchoring technique) | <p>This meditation uses mindfulness and your anchor with your specific challenging trading situation. This meditation helps you learn to ground yourself when confronting adversity and using HVAs</p> |

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| | | <p>and remembering what's important to your trading. This is best used to prepare for trading and to deal effectively with fear-based trading challenges. A useful self-check follows the meditation. Use this to pinpoint difficulties and to guide you to the point where you are ready to apply this in real-time trading.</p> |
| #6 | Meditation #5 | <p>This meditation continues the series and builds on the previous meditations. Here, we look at the dynamics of body sensations, their expanding or contracting and how they change. Then we turn to thinking and how they speed up and slow down, and then to the entire emotion and how it is moving, changing and impermanent and fleeting. We also learn to generate positive thoughts and feelings and pour these into our challenging thoughts and feelings.</p> |

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| | <p>Dropping the Anchor (2 versions: longer with a brief body scan and shorter)</p> <p>Meditation #6</p> | <p>Using the Anchor technique real-time, during an emotional storm. This practice switches attention from difficult feelings and thoughts to the anchor. You are training the capacity to put your attention where you want it even in the face of discomfort. This-like everything else-isn't about getting rid of difficult feelings but all about centering or anchoring yourself in the face of a brewing emotional storm.</p> <p>Untangling the components of the challenging experience, seeing their interrelationships with one another and their dynamics. Also emphasize equanimity or nonjudging.</p> |
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