



Trader's State of Mind

The Inner Game: Trading Beyond Fear

Trader Psychology Questionnaire

Rate Your Personal Psychology for Peak Performance Trading

Below you will find a 20 item questionnaire that will help you assess your current readiness for success in peak performance trading. This questionnaire will need to be printed and then filled out. This is not a test. Answer honestly. It is designed to help you evaluate whether your personal psychology is helping you or hindering your growth as a successful trader. And it will show you **where improvement is needed** to master the inner game of trading.

Directions:

Read each statement and circle a number between 1 and 5 that best describes your agreement with the statement, where:

1 = Rarely, 2 = Sometimes, 3 = Typically, 4 = A lot, and 5 = Almost Always.

After you finish the questionnaire, add up the numerical value you assigned to each statement. Copy this number into the Total Aggregate Score Box. Let's get started.

1.) I wake up or go to sleep worried about my trading. 1 2 3 4 5	11.) I was trading fine until I raised the number of my contracts. 1 2 3 4 5
2.) I let yesterday's trades influence my current decisions. 1 2 3 4 5	12.) I get impatient waiting for a trade. 1 2 3 4 5
3.) I am worried that my capital will not survive my learning curve. 1 2 3 4 5	13.) Trading mistakes that I make seem obvious to me when I later review them, but I don't seem to learn from them. 1 2 3 4 5
4.) I spend my profits before I have realized them. 1 2 3 4 5	14.) Trading has become a chore and unenjoyable. 1 2 3 4 5
5.) I have a hard time pulling the trigger because I second guess myself and/or fret about losing another trade. 1 2 3 4 5	15.) I over-trade after a windfall which causes me to give back my earnings. 1 2 3 4 5
6.) I catch myself trading outside the rules of my methodology. 1 2 3 4 5	16.) I'm losing money in my trading despite having a reliable methodology. 1 2 3 4 5
7.) My heart rate and blood pressure go through the roof as I trade. 1 2 3 4 5	17.) I feel tense or sick to my stomach when I trade. 1 2 3 4 5
8.) I feel the need to make up for prior losses. 1 2 3 4 5	18.) I keep making the same trading mistakes – I don't seem to learn. 1 2 3 4 5
9.) I perform well in simulation trading, but not once I start trading with my capital. 1 2 3 4 5	19.) I move my stops and targets in my trades. 1 2 3 4 5
10.) I have difficulty acknowledging my mistakes and/or learning from my mistakes. 1 2 3 4 5	20.) I become conservative once I win and stop trading even if I haven't reached my plan goal. 1 2 3 4 5

_____ Total Aggregate Score (add all the numbers to your responses together.)

_____ Subscale F-SD Total (1,3,5,7,9,11,14,17,20). Add these together.

_____ Subscale G—I (4,6,8,10,12,15,18). Add these together.

_____ Subscale F-SD / G –I (2,13,16,19). Add these together

To help you understand your results and what they mean to you and your trading, go to
www.TradersStateofMind.com/review.html