



Epicentre of Emotion & Your Thought: Influence of Society, Body, and Coincidence on Trading Psychology

Presenter: Your Name



Introduction to Trading Psychology and Emotional Development



Transforming Losing Thoughts

Successful trading psychology depends on converting negative thoughts into positive ones, shaping your mindset to respond constructively to challenges.



Origins of Thoughts and Emotions

Thoughts and emotions stem from societal influences, bodily reactions, and coincidental experiences, often rooted in childhood conditioning and unmet internal needs.

Mastering Trading Psychology

Awareness of social conditioning and bodily sensations enables conscious adjustment of mental frameworks, fostering emotional resilience and better decision-making in trading.

Role of Society in Shaping Thoughts and Emotions

01

Formation of the 'Good Boy' Shadow

Society implants mental images early in life, such as the 'good boy' concept, shaping aspirations and feelings of unfulfillment.

02

Impact of Societal Comparisons

Internalized societal standards create feelings of inadequacy or aspiration, driving emotional responses based on conformity or divergence.

03

Influence on Self-Perception and Emotions

Societal beliefs shape self-worth and emotional reactions, affecting adult behaviors like fear of risk and pursuit of social respect.

Unfulfillment as the Epicentre of Emotions

- **Impact of Skin Color on Social Acceptance :** Individuals with darker skin tones often experience social rejection and exclusion, leading to feelings of unfulfillment rooted in societal judgments and comparisons.
- **Anger as a Response to Social Unfulfillment :** Anger arises not spontaneously but as a reaction to unfulfillment caused by societal thoughts, where perceived lack of desirable traits justifies mistreatment and emotional distress.
- **Controlling Emotions Through Thought Mastery :** Emotions stem from unfulfillment embedded in thoughts; mastering and transforming these thought patterns is essential for emotional regulation and psychological stability.



Societal Beliefs Impacting Trading Psychology

Trading Perceived as Gambling

Society often equates trading with gambling, fostering a subconscious fear of loss that creates emotional barriers to taking calculated risks.

Fear of Risk in Trading

Societal fear of financial instability discourages risk-taking, causing traders to adopt limiting beliefs that hinder a strong trading mindset.

1

2

3

4

Wealth and Social Respect

Accumulating wealth through trading is linked to gaining social respect, which can drive traders toward overambitious and risky decisions.

Impact of Societal Norms

Norms favor conventional job security over trading, embedding psychological constraints that traders must overcome to succeed.

Identifying and Confronting Societal Thought Patterns

1

Recognize Obstructive Thoughts

Identify societal thoughts that act as barriers in your trading mindset and decision-making.

2

Understand Societal Rules as Protective Mechanisms

Acknowledge that many societal rules stem from collective fears, not individual growth.

3

Overcome Limiting Beliefs

Actively question and dismantle inherited beliefs that restrict your confidence and trading success.

4

Cultivate Independent Thought

Develop authentic perspectives to foster psychological growth and mastery in trading.

The Body and Coincidence: Additional Influences on Thought and Emotion



Bodily Sensations and Emotional Experience

Emotions are closely linked to physical sensations, with the brain and body interacting bidirectionally to shape emotional experiences. Bodily responses such as heart rate changes and muscle tension intensify feelings, while mimicking facial expressions can evoke corresponding emotions, highlighting the body's active role in emotion regulation.



Role of Coincidence in Emotional States

Meaningful coincidences, or synchronicities, influence emotional states by resonating with internal experiences beyond chance. These events can provide significant emotional cues and guide perception, enhancing emotional awareness and growth by revealing deeper connections aligned with consciousness.

Energy Stored in Thought Blocks and Its Effect on Reactions

Thoughts as Energy Blocks

Thoughts are stored as energy blocks in the mind, each carrying intrinsic energy that influences our mental state and reactions.

1

Trading Expectations and Reactions

In trading, when market outcomes contradict expectations, the energy from initial beliefs is released, triggering varied emotional responses.

2

Emotional Responses from Energy Release

The release of energy from thought blocks can cause emotions such as anger, impulsiveness, or impatience, affecting decision-making.

3

Individual Differences in Reactions

Each individual responds uniquely to the energy released from thought blocks, highlighting the personal nature of emotional reactions.

4

Conclusion: Mastering Thought to Master Emotion in Trading



Understanding Thought and Emotion Origins

Thoughts are often influenced by external societal factors, creating a sense of unfulfillment that triggers emotional responses impacting trading psychology.



Transforming Unfulfillment-Based Thoughts

Mastering trading psychology requires recognizing and reshaping thoughts planted by society to reduce fear, greed, and other emotional barriers.



Continuous Self-Awareness for Emotional Control

Ongoing self-awareness helps traders confront limiting beliefs, manage energy blocks in thoughts, and maintain emotional balance for rational decision-making.

