



FactorMembers   @factor_members · Apr 5



Need to have you all know that I will seriously pursue any engagement you want to have on the Factor private Twitter stream -- of course I may only go so far into any rabbit hole depending upon me needing to do other things in life.



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Because of the crazy mkts this past week I spend waaaaaaaay too much screen time. Screen time has a way of pulling a trader into price volatility in a way that takes their reason and logic hostage, with FOMO and emotions becoming the prison guard. While I tend to post tweets off and on during market hours in normal weeks, I do so when popping in and out of my small closet office to check on other things, not to stare at the stupid blinking prices. This week was a great reminder to me of why I trade the way I do, which is to enter orders at the end of each day and not during active trading hours. I felt emotions on Thursday and Friday that I had not felt in years -- and I did not like the feelings of those emotions because I have fully recognized over decades of trading that getting pulled into markets with one's urges along for the ride is COUNTER PRODUCTIVE to long term success, and it is long term success that drives me. I went back and forth on Friday regards taking a profit at the 2X target in my short S&P trade. This type of indecision is horrific and self-disappointing.

There is a fine line for a discretionary trader between instinct and raw emotions. I crossed that line in my indecision regarding taking profits in the S&P, and this indecision is unacceptable to me as a trader. I apologize to all of you reading this post for my complete lack of professionalism.

Instinct for me is best played out by creatively thinking of the links between markets and nuances of charts during my examination of charts on weekends and when markets are not active.