

TAKING STOCK
PRESENTS THE

ULTIMATE TRADING P S Y C H O L O G Y

FOLLOW YOUR PLAN AND TRADE WITH PATIENCE AND DISCIPLINE

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INTERNAL REPRESENTATIONS

The Pictures And Sounds You Make In Your
Mind And How You Make Them



<u>VISUAL</u>	<u>AUDITORY</u>
Number Of Images Motion Or Still Colour/ Black & White Bright / Dim Size Relative To Life Associated /Dissociated Flat /3 Dimensional Close / Distant Location In Space	Sounds Volume Tone Tempo Direction Pitch

STATE



Decisions



Actions



Results



Your
\$Future

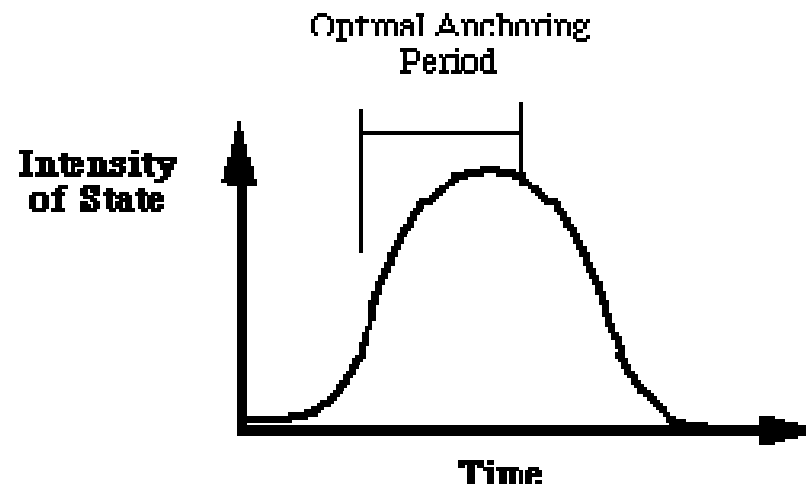


PHYSIOLOGY

How You Move And Use Your Body

<u>KINESTHETIC/ PHYSIOLOGY</u>
Breathing Rate Posture Location Of Feelings In Your Body Intensity Of The Feeling Direction The Feeling Moves Facial Expressions Muscle Tensions Speed Of Movements

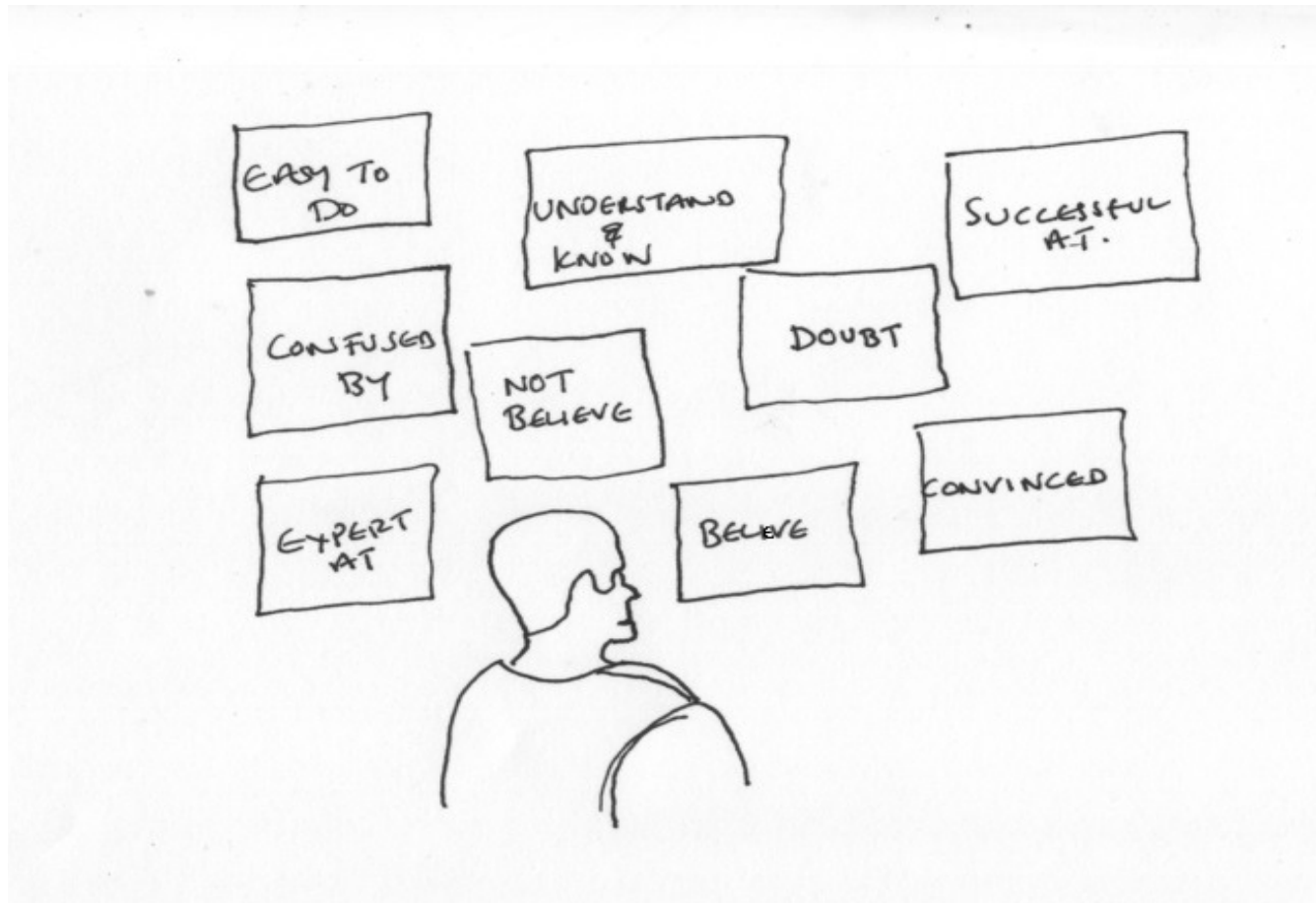
Anchoring Your Emotional State



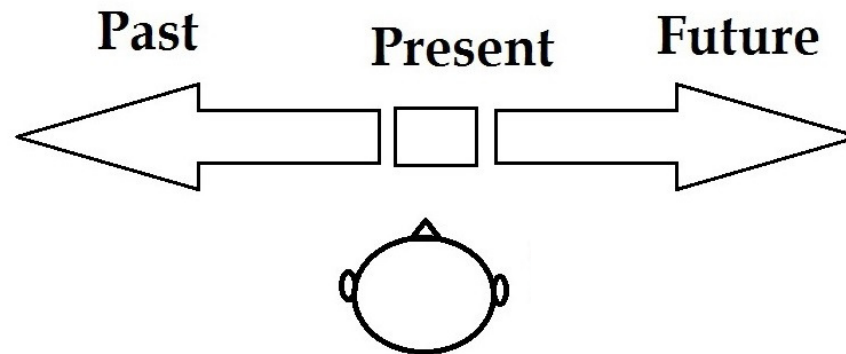
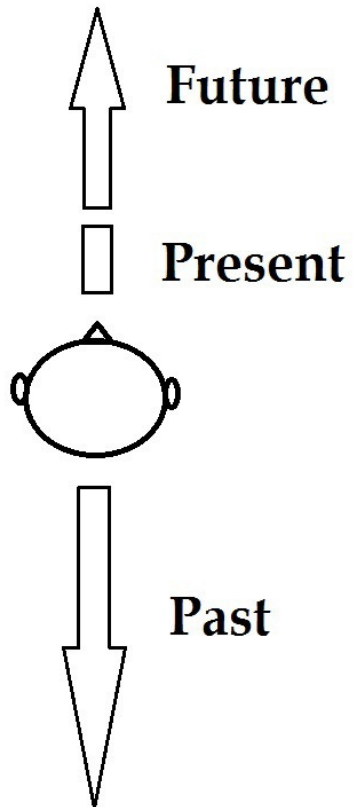
It is Best to Create the Anchor Just Before the Intensity of the Emotional State Reaches Its Peak

Compartmentalising Of Your Thoughts

We project mental images of our thoughts and compartmentalise them so that we can easily retrieve and compare our subjective experiences. Below is an example of how someone could possibly see different experiences in different locations. All the things they believe are in the same location. The things they find easy to do in another, the things they have doubts about in another, etc. How you subjectively place these images will vary from person to person.



Two Of Many Possible Examples Of How Someone Could Represent Time In Their Mind



**Seeing Your Goals On Your Time Line.
This Example Is Configured For Someone That Sees The Future In Front Of Them.**

