



ZMC

TRADING

psychology

2024



somali version

2024



Trading psychology



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Hor-dhac

1: Muxuu Buugan Kahadlaya

2: Yaa buugan Akhrisan Kara

3: Noloshayda wax maka
badalaya buugan

4: Maku koobnan Karaa Buugan

5: Hadaan Buugan Akhristo wax
ma iga badalaya



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Buugan muxuu Kahadlaya ?

Buugan waxan Ka Hadlaya Xaqiiqo badan
oo maanta Dhalyarta Traders Ah ee
soomalida Haysta wuxuu kacaawindoona
siro badan oo ay kaa qaryeen dadka
badankoodu wax laga barto waxa uu kuu
furi doona wado Aad ku guulaysato Hadaad
Rule ka buugan Ku qoran. Raacdid .



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Yaa buugan Akhrisan Kara?

**Buugan waxa. Akhri San. Kara. Qofkasto
isku dayay suuqan Inuu Guul ka gaadho
oo caqabad kunoqday Qofkastoo Cusub.
Qofkastoo inuu is Controlo dhib Ku Tahay
iyo Qofkastoo Trader Ahba**



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Noloshayda wax maka badalaya buugan ?

**Noloshaada laba wadunba kubadali karta
inaad ilaahay Talo saaratid iyo Inaad qof
Go aan leh noqotid oo kalsooni Leh inaad
Taada kusocotid
Buugana Noloshada waxbu kabadalaya
hadad samayso sida Kuqoran Buugan**



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Maku koobnan Karaa Buugan

Buugan waduu kunoqon Kara laakin
markasta cilmiga Raadistiisa lagama
Daalo waxan Buugan Kujirin ayaa Dhici
Karta Inaad Buug Kale ka Hesho
Marka Raadi wixii cilmi ee adiga ku
anfacaya



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Buugan yaa qoray

Buugan waxa qoray Zmc.

01/01/2024 waxan Ahaa

Qof aan kala aqoon waa maxay Trading

Anigoo maskaxdayda ka buuxday cilmigan barashadiisa wakhti

badan bay Rabta markaa mabarankaro

6 month kadib waa nigan Adiga kula Talinaya Kaliya sirta

Kadanbaysa guusha dagdaga , aniga. Ahaan suuqa waxa

aaminsana strategy fiican oo lacag kusiinayna Hadad barato

waad haysta waxkasta ?

Hadana labadan baa is waydiiyay badankiinu inaydan

iswaydiiinba Dhici. Karta



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Buugan yaa qoray

1: Strategy ?

Waxaa ogaaday strategyad wax la idha inay
suuqan kaTahay %10 ilaa %20

Wax kawayn jiro oo ah waxa wakhtiga Dadka
kusiidheereeya waxa Dadka strategy ushaqaynaysa
uga dhiga midan jirin waxa qofka ku kalifta inuu
stress qaado waxa qofka kukalifta Inuu wax 100%
Raadiyo [Trading psychology]



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Buugan yaa qoray

2: Dilaaga qarsoon Ee suuqa [social media?]

Ereyo in badan kusaameeyay ood laakin dareemin?

1: waxaan kuuhaya strategy yad ugu fiican

2: ardaygan bishan waxa uusaameeyay 10k\$

3: Video iyo dad soodhigaya Trade faa ido ugu dhacay

4: waxaan sameeyay lacagtaas I arka, waaniga

5: maanta waxa labaxay lacagtaas

Dhiiri galin mise ?

Niyad Jab ,shaki , khalkhal, go aan
khaldan inad qadatid?

Labadaa keeba kugu dhaca?

Qofkasta uu garanaya ka kudhaca



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Buugan yaa qoray

2: Dilaaga qarsoon Ee suuqa [social media?]

wax 100% Suuqan Majiran hadad isleedahay
Strategy. Markasta shaqaynaysa jirta?
Maw duuca xaga dambe Buugan kaga hadli doona

Qofkasta kuuma soo bandhigayo buugiisa madow ama
Noloshiisa. Qaybta madow ee Qofkasta wuxuu
Kuu muujinaya dream 🏠 Riyadad jeclayd inuu gaadhay ama
isagoo gaadhin uu iskaga kaa dhigayo mid gaadhay



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Buugan yaa qoray

2: Dilaaga qarsoon Ee suuqa [social media?]

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Strategy. Markasta shaqaynaysa jirta?
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2: Dilaaga qarsoon Ee suuqa [social media?]

Kawaran 3 Bilood ba. Hadaad strategy cusub
yeelanayso Group cusub kubiirayso kawaran
Every Year hadad. Dareemayso niyad jab
Adigoo. Arkaya dad lacag labaxaya dadkaga
danbeeyay suuqa oo gulasytay dad strategy adiga
kushaqayn wayday lacag kasamaynaya ?
Kawaran hadaan every year hadad Raadinayso
Course cusub

Dhibaatadaaso dhan waa mari lahaa laakin
ilaahayba

Iga bad baadiyay adigana kugu soo beegay inaad
buugan Akhrisid. Waxa kusi doona secret yaroo
kooban iyo sidaa suuqan 6 months gudihi uga
Guulaystay iyo sidaa iskaga indha Tiray beenaha
Social media



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TRADING PSYCHOLOGY



Halkan waxad ku arki doonta caqabado.

Badan uu ku haysta ama ku qabsan doona iyo xalkooda

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1:Trading and business

1: Trading waa sida canagsi oo kaleh

Ganacsigu kor ukac iyo Hoos udhacba wuu

leeyahay Week xun Bil xun maalin xun hadad

Lakulanto Niyada Gasho inay maalin week bil

Fiicana Jirto horena wakugu sheegay wax 100%

Majiraan dunidan hadad isleedahay way Jiraan



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1:Trading and business

Sawirka muxu kuu muujinayana
shaqooyinka
Caadiga waa mushahar cayiman Tusaale
100\$ hadad qadato bishii next month
100\$
Unba qadanaysa ama dhaqaale Xoog
ukacayn waxyar kugu darsamayo?

Ufiirso Trading marka lajoogo
Maxa kumuuqda is bad badal
Laakin dhaqaale aan cayim nayn
Sidii shirkadoo kale ama mulkiile oo kale
tahay
Mar kor ukac mar hoos udhac. Tusaale
bishaan
-100\$ Next month 1000\$ [Freedom]
Samir xiliyada
- aad kujirto sidaad ugu farxayso
maalmaha aad + kujirto

Regular jobs:

- \$30,000
- \$33,000
- \$37,000
- \$40,000
- \$45,000

Trading:

- -\$5000
- -\$15000
- -\$570
- \$1000
- \$33,000
- \$320,000

Xalkan isticmaal

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Strategy To strategy

Dhibka :2aad

Majirto Strategy mid kafiican laakin
waxa jirta system ama mid kugu soo
baxaysa adiga ahaan
Majirto wax winrate la idha laakin adiga
winrate
70% kadhigi kara marna 30% kadhigi
kara

Sababtay adiga kugu shaqayn la,day
maqatan?
Rule maraacidid
Week loss ama 3 days isku xigta hada
aragtid
Khalkhalii bilaab maya iyo niyad jabkii
System kugu soo baxay?



Xalkan isticmaal

Selling or buying

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Strategy To strategy

Dhibka :2aad

Strategy hadad kucusbtay haska Galin , backtest kusame
ugu yaran 6 'months
Rule keeda eeg note garayso. Kadib
Suuqa rule hadad ku aragtid qaado
Trade ka

Hadad kucusbayn. Samee backtest farabadan
Eeg khaladadka ula noqo dadkay ushaqayso
Waydii maxa iga khaldan rule kiisa itus kudheh
Qofka ay ushaqayso ruleskiisa iyo kaga isku eeg?



Xalkan isticmaal

Selling or buying

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Fast money 💰

Dhibka :3aad

Why ay dadku ujecelyihiin inay waxhelan iyagoo
Wax qaban kawaran adoo cilmi half bartay hada
Is Tidhaa wax hel. ?

Horaa kuusheegay yay kuwaalin beenaha social media
qofkasta wuxu ku tusaya qaybtiisa Cad
Anigan kula hadlaya waxa aaminsana inan Dagdag suuqan
lacag uga samaynayo hada waxyar barto
Laakin Khiyaamo kalan sameeyay oon kugulaystay on kula
wadaagi doona



Selling or buying

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Fast money 💰

Dhibka :3aad

Rule kan isticmaal

Cilmi + samir = 💰

Cilmi + wakhti badano siiso = 💰

Cilmi + dadkale inad wax kaqorin Naftada kulsoonato = 💰

Cilmi+ habeen maalin daal badan = 💰

Haduu isaguu siiyay 2 hours si uu 1 years
ugu barto adiga maxa kudiidaya 4 hours
inad siiso si aad wakhti kayar ubaratid

Malinku ilaahay doono waad heli guushada
Dulqaad samir iyo Amusnan waliga qof looma
sheego siraha noloshada



Xalkan isticmaal

Selling or buying

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Rule

Dhibka :4aad

Samayso Rule cayiman. Ood waligaa badalin
Haw badalin Rule kaa aad samaystay maalmo
Xun oo suuqu kugu beegay haw jabin Rule
Bini aadam baa Tahay go aanku waa marqura
Mustaqbalkaga gacantaada haku burburin



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Rule

Dhibka :4aad

Example of rule

 Hide description



MAY

ICT silver bullet

RR : 1:2

Entry. 1 minute 5 minute 3 minute

Utc+3 Somalia

Time session

LD  Am Time 10:00- 11:00 Am TARGET 1

NY  Am Time 4:00 -5:00 PM. TARGET 2

NY  pm Time 9:00- 10:00 pm TARGET 3

Time xaga Hore badh waad Qadan karta

Example[9:30]

Rule :

T p : 1:2RR

S l : above of FVG or liquidity

Big news : No TRADE

2 pair or 3

1 or 2 Trade per day

5 RULES OF TRADING

1. MAKE PEACE WITH YOUR LOSSES
SO THEY WON'T DISTURB YOUR FUTURE
2. WHAT OTHER PEOPLE THINK OF YOUR TRADING
IS NON OF YOUR BUSINESS
3. DON'T COMPARE YOUR TRADES TO OTHERS
COMPARISON IS THE THIEF OF JOY
4. THE ONLY PERSON IN CHARGE
OF YOUR SUCCESS IS YOU
5. STOP THINKING SO MUCH
SOMETIMES YOU JUST NEED TO TAKE ACTION

KEEP TRADING, A LOT CAN CHANGE IN A YEAR

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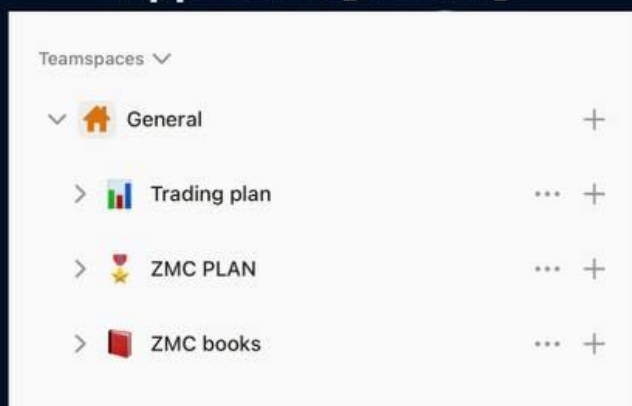
Goal

Dhibka :5aad

Lahow Hada Target ama. Meel aad usocoto
Lahow. Xadid joogsi isxakamayn iyo inaad
Isqaban karto

Samayso Note qorshe
kusuco

App Name [Notion]



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Goal

Dhibka :5aad

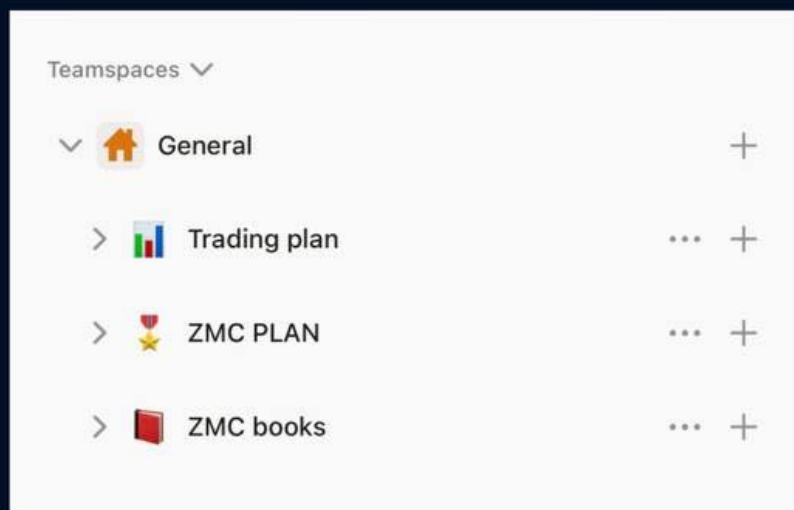
Note sooqaado 

Week Target

Daily Target

Monthly Target qoro

App Name [Notion]



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Revenge Trading [Argooso]

Dhibka :6aad

Hadad garanayn iska Tag marka khasartid iskaga Tag
marku suuqu xunyahay 1 Trade hada khasartid
Malinka iskaga Tag waligaa guulaysan maysid hadad
Emotion Control lahayn

Kuwan Aday kudilayan waliga waad arki doonta hadad iska qaban
waydo si,aalaha noocana?

- 1:wan khasaray kan ka kala kaga soqadaya
- 2:wacadi manta Rule burinaya wa khilafaya
- 3:Lacagtan watijaabinaya maanta
- 4:strategyadan cusub ayaan kawarkeenaya
- 5:hal marban lacag badan kusamaynaya
- 6:lot wuu igu yaryahay
- 6:1% way yaratahay 3% 5% khasaari maanta
- 7: khaara kujirta News kusoo kabaya



Xalkan isticmal

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Revenge Trading [Argooso]

Dhibka :6aad

Hadad garanayn iska Tag marka khasartid iskaga Tag
marku suuqu xunyahay 1 Trade hada khasartid

Malinka iskaga Tag waligaa guulaysan maysid hadad

Emotion Control lahavn

Xalkan samee

1:Markuu hal Trade kaga dhaco si iska bax malinka

Hadad leedahay wakunoqonaya xili kale badho iminka iska bax

2:Rule kan leedahay wa burinaya riyadadi gacanta kuburinaysa

3: ogow lacagadan laqabsan aday dhibaato kukeenyasa

4:mar kasta waxad noqon mid 100% raadiya lakin

Taasi macquul maaha

5: waxkasta wakhtigiisa lasuga dad dagu aduukudilaya

6: markasta khasaare wayn is galisid agow ciduu kamaqan yahay waa
adiga cida larabo inay kasoo kabato waa adiga

7: News ⚠ hadad kukalsoonayn gacantaada isku

Dishay xata hadad kukalsoontay lama galo waa risk



Xalkan isticmal

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Fear 🤯 []

Iskadaa Trade socdee dhexda kaga baxaysid

Iskada Trade kan aad dhawr jeer

badbadalaysid

Xal fudud baankuhaya



Xalkan ila Eeg

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Fear 🤖 []

Dhibka :7aad

Trade alert 🚨 samee iska kac

TP

SL

BE

sadexdaba saacad ama alert kuushegaya
marka lagu gaadhay kuxidho kadib
iskaga bax hawlahaga
Qabso iskada Dawaashada aad daanayso
Trade ka



Alerts

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DARDAARAN

Buugan waxa filaya inuu noloshada badali doono
Ka Trader ahaan haduu kubadli waayo. Dhibkale majiro
waxa samaysa adigu noloshada adaa kamuusala marka
ficilka kasoobaxaya saamayn haduu kugu leeyahay waad
joojin karta ❤️❤️

End

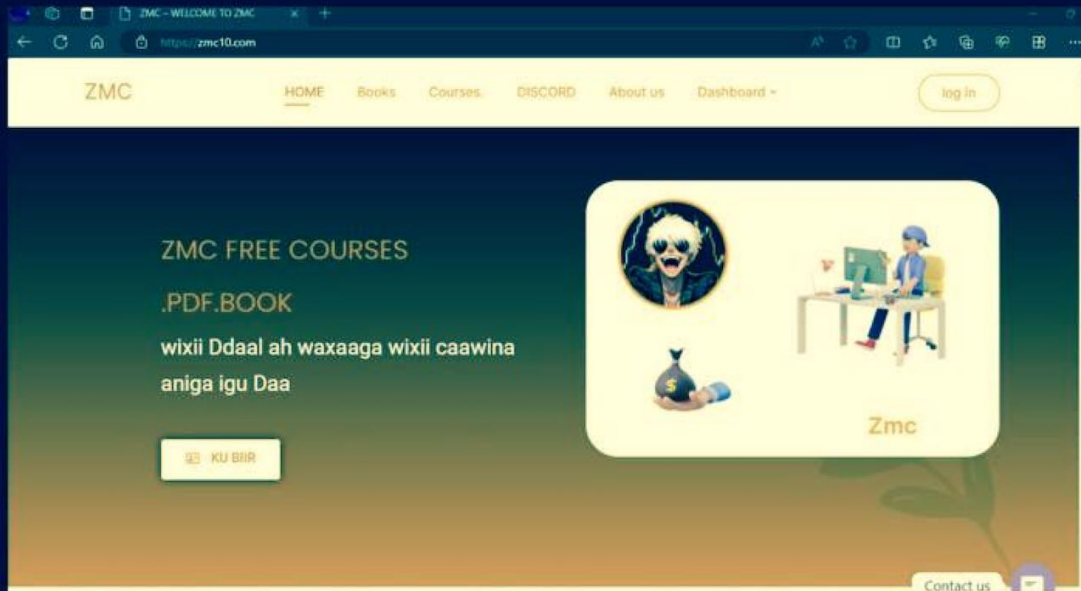
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kale uu ku anfacaya lasocona buuga update
kudhici kara**

**Wax cusub kusoo dari karna marka waa muhiim
ina discord iskaga biirto**

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