

BOOK BY FFFX

Guide to

**Why Your Demo Success Isn't Showing
Up in Your Real Account
(And How to Fix It)**





Understand the Real Difference: Emotions

Demo trading is easy, not because you're better at it, but because there's nothing real at stake. You can hold a trade through a drawdown, follow your plan, and even take losses like a pro...

Because in the back of your mind, you know it's not real money.

No stress. No pressure. No consequence. Just clicks on a screen.

But when you go live?

Suddenly, the same setups feel risky.

You hesitate to enter — even though you've seen this setup work 100 times before.

You close too early. You question your analysis. You're afraid to lose — and that fear starts calling the shots.



Understand the Real Difference: Emotions

Trading is 80% psychology, 20% technical. You might know your strategy inside out, but if your mindset isn't ready, your execution will fall apart.

Here's what you need to do:

- Stop expecting your demo results to copy paste into your real account. It's a new challenge, and it requires a new skill: emotional control.
- Don't avoid emotions, learn to trade with them. You'll feel fear, greed, doubt. That's normal. The goal isn't to remove emotions but to not let them control your actions.
- Think of every trade as a test of discipline, not intelligence. Winning in live markets is less about being "right" and more about staying consistent under pressure.
- Build your risk tolerance slowly. Start with small lot sizes that make the money feel real, but don't trigger panic. It's not about proving how much you can make, it's about proving you can stay composed.

Remember: In live trading, your enemy isn't the market. It's the version of you that panics, hesitates, or overreacts.

Your job is to train that part of yourself with compassion, patience, and reps.



Fear of Loss = Missed Trades

When real money is on the line, fear creeps in.

You hesitate. You overthink. You tell yourself:

“What if this one loses?”

“Maybe I’ll just watch this play out first.”

“I’ll wait for more confirmation...”

And before you know it, the move is gone.

You had the setup, the plan, the level... but you didn't execute.

This is not a strategy issue.

This is a psychology issue.

Focus on Process, Not Outcome

Your job isn't to predict every trade correctly — it's to follow your system with consistency.

You have to shift your identity from being someone who needs to win, to being someone who executes the process no matter what.

Because here's the truth:

👉 One trade means nothing.

👉 But how you show up across 100 trades?

That's everything.



Fear of Loss = Missed Trades

Practical Steps to Help You Push the Button:

- Use a checklist before entry (entry criteria, risk, confirmation). If all boxes are ticked, you must enter. no negotiation.
- Size down your lot to make the risk feel tolerable. If it's too big to lose, it's too big to trade.
- Talk yourself through it aloud. Literally say, "I've followed my plan. I accept the risk. I execute now."
- Pre-commit to taking every setup your plan gives you over the next 10 trades, no skipping. This builds discipline like a muscle.



Chasing Losses = Emotional Revenge

You know the feeling...

You just took a loss.

It stings.

You feel the need to “make it back” — and fast.

So you jump into another trade, not because the setup is there, but because your ego can’t accept the loss.

You increase your lot size to “win quicker.”

You remove your stop loss because you don’t want to be wrong again.

You justify a weak setup as a “quick scalp.”

But here’s the truth:

This is revenge trading — and it’s one of the fastest ways to destroy your account.



Chasing Losses = Emotional Revenge

Here's the mindset shift:

You're not trying to win this trade.

You're trying to stay consistent over 100+
trades.

You need to act like a casino, not a gambler.

A casino doesn't care about one hand of
blackjack.

It plays out its edge across hundreds and
thousands of hands. That's why it always wins in
the long run.



Ask yourself this before entering a trade:

“Would I take this trade if I wasn't just trying to
win back what I lost?”

If the answer is no — step away.



Another powerful question:

“Would I take this setup if I just made 3 wins in a
row?”

If not, you're probably trading emotion, not edge.



Start Small, But Real

One of the biggest mistakes traders make is jumping from demo to full-size live trading.

They go from zero risk to risking real capital and get emotionally wrecked the moment the trade moves against them.

Why this matters:

Your brain doesn't respond to charts alone.
It responds to risk

The moment your money is on the line, your fight-or-flight system activates.

This causes:

- Overthinking
- Early exits
- Ignoring your plan
- Doubting your analysis
- ... even if the setup is perfect.



Start Small, But Real

Step-by-Step: How to Transition from Demo to Live Without Emotional Burnout:

Step 1: Go Live but Micro

Open a real account with a very small balance
(even \$100–\$200)

Use micro lot sizes (0.01)

Your only goal: Execute your plan flawlessly.
Forget profits. You're training discipline under real
emotional pressure.

Step 2: Journal the Experience

After each trade, note:

Did I feel fear, hesitation, or greed?

Did I follow my rules 100%?

Was this the same decision I'd make on demo?

This builds awareness of your emotional triggers
the key to mastering live execution.

Step 3: Focus on Consistency, Not Capital

Only increase your risk size once you've:

Taken 20–30 trades with strict rule-following

Logged consistent execution, not just wins

Built emotional tolerance to drawdowns



Create a Live Account Ritual

Most traders jump into the charts and hit the button based on emotion.

No preparation. No mental reset. Just pressure.

But real consistency starts before the trade is even placed.

A pre-market ritual shifts your state of mind from emotional to intentional.

It's about grounding yourself — so your decisions come from clarity, not fear.



Create a Live Account Ritual

Step 1: Review Your Trading Plan

Remind yourself of the exact setup you're waiting for.

Ask: "What does my A+ setup look like today?"

Keep it visible next to your screen to avoid impulsive trades.

Your edge is in the plan. Not your gut.

Step 2: Check In With Yourself Emotionally

Ask:

Am I stressed, anxious, distracted, or tired?

Am I trying to make back losses or prove something?

Acknowledge it. Write it down.

Self-awareness lowers the risk of emotional decisions.

Step 3: Ground Yourself With Breathwork (1 Minute Max)

Take 3–5 deep, slow breaths.

Inhale for 4 seconds, hold for 4, exhale for 6–8.

Let your nervous system relax.

Calm body = Clear mind = Cleaner execution.



Create a Live Account Ritual

Step 4: Visualize Executing, Not Winning

Close your eyes for 20 seconds and visualize:

Spotting your setup

Entering confidently

Letting the trade run

Accepting the outcome (win or loss)

Winning comes from execution, not prediction.

Step 5: Commit in Writing

On a notepad or journal, write one sentence:

“Today I will follow my plan, not my emotions.”

It’s simple but powerful. That sentence is your

anchor when the pressure kicks in.

Why this works:

This ritual separates you from the noise.

You’re not just a person reacting to candles,
you’re a trader responding to a plan.

Build this into your daily routine and watch how
your live performance transforms.



Track the Emotional Trade, Not Just the Technical One

Most traders journal like this:

- ✓ Entry
- ✓ Exit
- ✓ Win/Loss
- ✓ Screenshot

But that only tells half the story and it's the least important half when transitioning from demo to live.

Your biggest breakthroughs don't come from knowing where you entered...

They come from knowing why you did what you did.



Create a Live Account Ritual

Ask yourself after every trade:

What was I feeling before I entered?

(e.g. confident, anxious, revengeful, bored,
pressured)

Did I follow my plan or act on emotion?

(Be brutally honest. Emotion-driven trades are
costly lessons.)

Was there hesitation? If yes, why?

(Fear of loss? Lack of conviction? Doubt in
setup?)

Did I adjust my lot size or stop-loss mid-trade?

(Note the reason — usually tied to fear, ego, or
revenge.)

How did I react to the result?

(Calm and neutral? Or emotional — excited,
frustrated, defeated?)



Create a Live Account Ritual

Why This Matters:

Live trading is 80% emotional regulation. By tracking your internal behavior, not just your technical execution, you'll begin to see patterns.

You'll spot when FOMO tends to creep in
You'll notice what triggers impulsive decisions
You'll become aware of what actually throws you off and can now fix it

This is how you build emotional discipline, the thing that separates a consistent trader from someone stuck in the demo-to-live loop.



You're not broken. You're not "bad at trading."

You're just experiencing what every trader goes through when they move from simulation to reality.

And with the right approach, you'll be able to bridge the gap between demo to real.

→ Want to master this transformation fully?

Click below to apply for our mentorship and learn how to use these concepts in real-world trading.

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