# Cut Losses Quick aka "Breakout or Bailout"

By winkler · June 26, 2020

**TL;DR**

In the blog post 'Cut Losses Quick aka "Breakout or Bailout,"' the author reflects on missed trading opportunities and the impact of FOMO on decision-making. Despite some less favorable moves, they emphasize the importance of risk avoidance and conclude that it was ultimately a good trading day.

Missed a lot of moves I wanted and then kinda FOMO'ed into not so hot moves. Happens but still avoided a lot of risk so all in all, it was a good day!

EKSO$11.80+1.29% VXRT$0.51-1.92% ALT$2.87-2.71% IBIO$1.59-1.85% MDCA—— CTXR$0.55-4.37%

https://youtu.be/DUWmyCfPIFY

## FAQ

### What does FOMO mean in trading?

FOMO stands for 'Fear of Missing Out,' which refers to the anxiety that traders feel when they see others making profitable trades and feel compelled to join in, often leading to impulsive decisions.

### What stocks are mentioned in the blog?

The stocks mentioned include $EKSO, $VXRT, $ALT, $IBIO, $MDCA, and $CTXR.

### What is the main takeaway from the blog post?

The main takeaway is the importance of cutting losses quickly and avoiding unnecessary risks, even when feeling pressured to make trades.

### How can I avoid FOMO in trading?

To avoid FOMO, it's essential to stick to a well-defined trading plan, set clear goals, and remain disciplined, rather than reacting impulsively to market movements.

### Is it always bad to miss trading opportunities?

Missing trading opportunities isn't necessarily bad; it can be a sign of prudent risk management, as avoiding poor trades can lead to better long-term results.