

Template: Crisis Management Checklist for Forex Trading

Generated: 5/22/2026

Based on Article: "Crisis Management in Forex Trading: Strategies for Uncertain Times"

Website: <https://nairafx.ng>

A practical checklist to help Forex traders manage crises effectively during uncertain market conditions.

Checklist Items:

- 1. Cut Exposure Before News Hits**
Reduce your trading positions ahead of major news releases or geopolitical events to avoid rapid price movements that can lead to significant losses.
Reference Section: Core Crisis Management Rules We Should Follow
- 2. Anticipate Execution Risks**
Prepare for potential execution issues by assuming that orders may fill late and prices may differ from expected levels during times of high volatility.
Reference Section: The Main Risks Traders Face in Uncertain Times
- 3. Size Down Positions**
Reduce the size of your trades to mitigate risk during crisis periods, allowing for greater flexibility and the ability to absorb potential losses.
Reference Section: Core Crisis Management Rules We Should Follow
- 4. Monitor Liquidity Levels**
Stay aware of liquidity in the market and adjust your strategies accordingly, as thin liquidity can exacerbate other trading errors.
Reference Section: The Main Risks Traders Face in Uncertain Times
- 5. Prepare for Slippage**
Expect that slippage may occur, and factor this into your trading strategies to maintain realistic expectations on trade execution.
Reference Section: The Main Risks Traders Face in Uncertain Times
- 6. Adjust for Spread Widening**
Be prepared for increased transaction costs due to widening spreads during crises, which can affect the viability of tight setups.
Reference Section: The Main Risks Traders Face in Uncertain Times
- 7. Treat News as Volatile Events**
Approach news-driven market movements with caution, as headlines can lead to sudden and unpredictable price changes.
Reference Section: The Main Risks Traders Face in Uncertain Times
- 8. Develop a Personal Crisis Plan**
Create a tailored crisis management plan that details your approach to handling unexpected market events and outlines specific actions to take.
Reference Section: How to Build a Personal Crisis Plan
- 9. Stay Disciplined Under Pressure**
Maintain discipline when facing emotional trading decisions, such as chasing losses or altering stop-loss orders in response to market movements.
Reference Section: Core Crisis Management Rules We Should Follow