**Building your financial future** 

## Cordeau Lemay Wealth Advisory May 2022



## Starting to panic? Part 2

I am sure that some of you have not been able to resist and you have looked at your portfolio in the last few days, with a little pinch in your heart. Don't worry, you're not alone.

A few days ago, I sent you a little memo with some quotes to help you stay calm, and today I'm going to try to explain what's going on. This situation is not exceptional, I swear!

It is often said that the stock market is driven by two emotions: Greed & Fear. When fear takes over, as we have seen for a few days or weeks, undisciplined investors get scared and liquidate their investments, which leads to further declines, more fear, by the same token more declines, you see the problem!

Every time... YES every time, reason eventually takes over emotion and the market regains its momentum on the upside, usually VERY quickly. Remember that the market is made up of companies that hold inventories, assets and above all, that generate income. So, at a certain price, buyers return to the market.

Basically, EVERYTHING has a price, and the more the market declines, the stocks are less and less expensive. This will allows us to acquire stocks at prices that in a few months, those who haven't been disciplined, will bite their fingers, while we can listen to them with a little smile in our face.

This kind of market is what differentiates investors from speculators, and we are investors, very disciplined investors.

Phil

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