



ASK ALAN VIDEO TOPICS

- 1. Low Open Interest & Large Bid Ask Spread**
- 2. IBD 7% / 8% Rule or BCI 20% / 10% Guideline**
- 3. When You Close Your Covered Call Position Prior to Expiration Friday.**
- 4. Strike Selection and Covered Call Writing**
- 5. When to Enter Your Covered Call Trades**
- 6. Calculating the Target Price of a Stock**
- 7. Delta and Covered Call Writing**
- 8. Closing a Covered Call Position Early to Protect Profits**
- 9. Finalizing Our Covered Call Watch List and Stock Selection**
- 10. Early Exercise of Covered Call Options**
- 11. Rolling Strategies**
- 12. Implied Volatility and Strike Selection**
- 13. Rolling Out**
- 14. Exercise of ITM Options**
- 15. Earnings Season**
- 16. Strike Price Selection**
- 17. Stochastic Oscillator**
- 18. Downside Protection of ITM Strikes**
- 19. Covered calls in Bear Markets**
- 20. Deep ITM strikes**
- 21. Closing Covered Call Positions When Stock Price Rises**
- 22. Cost-Basis Calculations on Expiration Friday**
- 23. Hitting a Double**
- 24. Calculating Downside Protection**
- 25. Covered call Writing with QQQ**
- 26. Bear market Strategies**
- 27. Early Exercise of ITM Strikes**
- 28. When to Roll Down**
- 29. Why Put Premiums are Higher than Call Premiums**
- 30. Why Do We Need a Watch List in the Last 2 Weeks of a Contract?**



- 31. Bid, Ask or Last to Calculate Time Value**
- 32. Trades Too Good to Be True**
- 33. Multiple Options for the Same Strike**
- 34. Rolling Out and Earnings Reports**
- 35. Mid-Contract Unwind Exit Strategy**
- 36. Special Cash Dividends and Contract Adjustments**
- 37. Quarterly Dividends and Early Exercise**
- 38. Trading in Bear Markets**
- 39. Is It Too Expensive to Buy Back Options?**
- 40. Evaluating a Covered call Trade**
- 41. Who Buys My Options?**
- 42. How to Calculate Final Covered Call Trades: Part I**
- 43. How to Calculate Final Covered Call Trades: Part II**
- 44. How to Calculate Covered Call Trades: Part III**
- 45. Buying Back Options after a Gap-Up**
- 46. Avoiding Early Exercise Due to Dividends**
- 47. Is This Trade Too Good to Be True?**
- 48. Cash on the Sidelines During Market Corrections**
- 49. BCI Market Assessment**
- 50. Why Don't Option Buyers Sell or Exercise Prior to Expiration?**
- 51. What is "the mark"?**
- 52. Earnings Reports and Gap-Downs**
- 53. Screening for the Highest Returns**
- 54. Managing and Learning from Losing Trades**
- 55. How to Trade Covered Calls in Bear Markets**
- 56. Option Chains with Mixed Signals**
- 57. Covered Calls and Dividend Capture**
- 58. High Beta Stocks with Low Option Premiums**
- 59. Exercise of ITM Expiring Contracts**
- 60. A "Can't Lose" Strategy?**

- 61. Should I Buy Back My Deep ITM Strike?**
- 62. How to Calculate Rolling an Option**
- 63. Using a Spinoff as a Covered call Candidate**
- 64. Covered call Writing and Ex-Dividend Dates**
- 65. Holding a Stock for More Than 1 Year**
- 66. Is Intrinsic Value Important?**
- 67. Are the Greeks Important?**
- 68. Protective Puts to Manage Black Swan Events**
- 69. When are Option Contracts Created?**
- 70. Should I Close My Position Early?**
- 71. Mergers and Covered calls**
- 72. Assignment Risk When Spinoffs Occur**
- 73. Early Exercise in Virtual Accounts**
- 74. How Does Time Value Go to Zero Mid-Contract?**
- 75. 1-Month Versus Longer-Term Options**
- 76. Calculating Rolling Down**
- 77. 1-Time Cash Dividends and Contract Adjustments**
- 78. Technical Analysis and our Premium Stock List**
- 79. Calculating Cost-Basis for ITM Strikes**
- 80. Using Stocks with Mixed Technicals**
- 81. Importance of Option Liquidity**
- 82. Should We Care if Option Price declines in value?**
- 83. How to Use The premium Stock Report/ \$100k Portfolio Example**
- 84. Hold a Stock Through an Earnings Report**
- 85. Calculating returns for Deep ITM Strikes**
- 86. Pre-Market Orders and Earnings Reports**
- 87. Impact of Rolling Out on Previous Month's Returns**
- 88. Covered Calls Without Owning the Stock**
- 89. How many Stocks Should I Purchase?**
- 90. Should I Roll or Close My Position?**

- 91. Are We Losing Money When Stock Price Moves Up?**
- 92. Will My ITM Strike Be Exercised Early?**
- 93. Excluding Intrinsic Value When Rolling Options**
- 94. Using Ex-Dividend Dates to Create a Second Income Stream**
- 95. Option Chain and Covered call Decisions**
- 96. Rolling Up in the Same Month**
- 97. Brokerage Statement Accounting Issues**
- 98. Should I Sell My Stock When the Price Declines?**
- 99. Will Ex-Dividend Dates Cause Early Exercise?**
- 100. Day-Trading Covered Call Options**
- 101. Managing a Risky Trade**
- 102. Should We Fear and Uptrending Market?**
- 103. Covered Call Writing and Dividend Capture**
- 104. When Should I Close Early After Stock Price Moves Higher?**
- 105. Impact of Dividends on Option Premium**
- 106. Using Put Options to Buy a Stock at a Discount**
- 107. 20%/10% Guidelines**
- 108. Shares Kept or Called Away at Expiration/ 3 Scenarios**
- 109. Did I Pay Too Much to Buy Back My Option?**
- 110. Should I Buy Back My Option Months Prior to Expiration?**
- 111. Unusual Strike Prices and Contract Adjustments**
- 112. Early Assignment on Expiration Friday**
- 113. Understanding Dividend Distributions**
- 114. Rolling Up in the Same Contract Month**
- 115. Difference Between Call and Put Premiums for the Same Strikes**
- 116. Is Covered call Writing a Zero-Sum Game?**
- 117. Anatomy of a Put Trade**
- 118. *Laddering* Strikes**
- 119. *Rolling Up* Calculations**
- 120. Understanding the Math for the Mid-Contract Unwind Exit Strategy**



- 121. What is *Pinning the Strike*?**
- 122. When Should I Buy Back my ITM Strike?**
- 123. How to Use Covered Call Writing When the Stock price Declines**
- 124. Why Don't Option Buyers Exercise Early?**
- 125. When Stock price Rises and Call Premium Declines**
- 126. When Should I Roll Out-And-Up?**
- 127. Timing Exit Strategies When Stock Price Gaps Up**
- 128. Determining Cost-Basis After Rolling Options**
- 129. Short-Term High-Risk Trades**
- 130. Earnings Report Blues**
- 131. Role of Commissions When Selecting Strategies**
- 132. How to Calculate the Best Time to Close**
- 133. Stocks with Bullish Outlook Despite Poor Technicals**
- 134. Sell Stop Orders**
- 135. Closing Covered Call Positions When Share Price Accelerates**
- 136. Closing a Covered Call Position When Share Price Declines**
- 137. Can I Use Covered Call Writing to Recover Share Price Losses?**
- 138. Disappearing Options, Gap-Downs and Contract Adjustments**
- 139. How to manage Put Sales After gap-Ups**
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- 141. Rationale for ITM Strikes**
- 142. Evaluating Cost-To-Close Prior to Expiration**
- 143. How to Use ITM Strikes**
- 144. Evaluating a Covered Call Portfolio**
- 145. Evaluating a Losing Covered Call Trade**
- 146. The Cost of Rolling Out-And-Up**
- 147. Why is The Ellman Calculator Showing Negative Returns?**
- 148. Why is this Great Stock Not Eligible?**
- 149. How to Structure Portfolio Strikes**
- 150. Comparing Index and Equity Options**

- 151. Rolling Out-And-Up Covered Call Decisions**
- 152. Covered Call Writing with 1 Security**
- 153. Using Options to Mitigate Stock Losses**
- 154. Huge Profits, Unhappy Investors**
- 155. Overall Portfolio Evaluation**
- 156. Should I Roll My OTM Weekly Options**
- 157. How to Set Up Poor Man's Covered Call Trades**
- 158. Profit Taking vs. Rolling Options**
- 159. Rolling Down When Share Price Moves Up**
- 160. Comparing Protective Puts and Position Unwinding**
- 161. The Importance of Delta in Our Covered Call Writing Decisions**
- 162. Generating Option Income with Technology Stocks**
- 163. Timing Our Covered Call Trades in Bull Markets**
- 164. I Can't Make Much Money Rolling-Out but Want to Keep My Stock**
- 165. Covered Call Writing with Strike Selection and Dividend Distributions**
- 166. Strike Selection Factoring in the Underlying Stock**
- 167. What is "Seeking Alpha"**
- 168. Why Aren't My Options Increasing in Value When the Underlying Stock Appreciates?**
- 169. Challenging Decisions with Highly Volatile Stocks**
- 170. Are Protective Puts Necessary?**
- 171. Key Parameters to Determine Option Selection**
- 172. Rolling Our Options: 2 Perspectives**
- 173. Rolling Out-Of-The-Money Strikes Early in the Contract**
- 174. Creating a Portfolio of Weekly Cash-Secured Puts**
- 175. What is My Cost-Basis?**
- 176. Reverse Stock Splits Analyzed**
- 177. How to Manage Poor Man's Covered Call Trades**
- 178. The Poor man's Covered Call: Managing Unusual Circumstances**
- 179. Should I Sell Calls or Puts in a Bear Market?**
- 180. Using the Ellman Calculator to Determine "Hitting a Double" Results**
- 181. How Delta factors into Strike Selection**
- 182. How to Interpret a Broker Option Statement**