This example shows what effect changing your Stop Method preferences will have on your stop loss orders depending on which direction you are currently in the market.
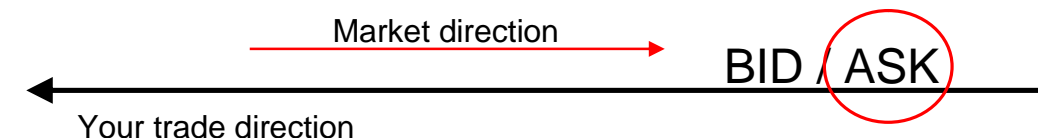
EFX Navigator

Stop Method

First Touch vs. Trade Through

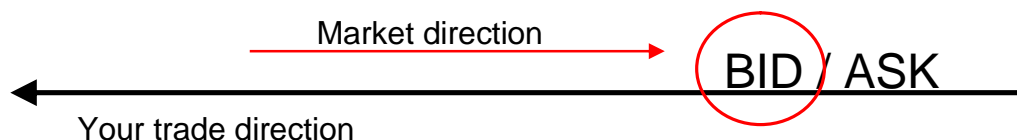Market direction

BID / ASK

Your trade direction

You are long and have a stop order to close the trade with **First Touch** as your stop method. Once the **BID** price touches your stop price, you'll be stopped out at the market.

Market direction

BID / ASK

Your trade direction

You are long and have a stop order to close the trade with **Trade Through** as your stop method. Once the **ASK** price touches your stop price, you'll be stopped out at the market

Market direction

BID / ASK

Your trade direction

You are short and have a stop order to close the trade with **First Touch** as your stop method. Once the **ASK** price touches your stop price, you'll be stopped out at the market.

Market direction

BID / ASK

Your trade direction

You are short and have a stop order to close the trade with **Trade Through** as your stop method. Once the **BID** price touches your stop price, you'll be stopped out at the market.

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