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Hodling 是什么意思？

Hodl 或卖出？

‘我该怎么，Hodl 还是卖出’是加密货币市场中最重要问题之一。我们来了解一下其含义。

长期持有手中的加密货币即币圈非常知名的‘hodling’，也是最常见的一种交易技巧，只是这种技巧比较被动而已。这种方法适合坚信加密货币有在未来 5 年、10 年、20 年持续增值的潜力的人群。“Hodl”看起来不像常见词，它是在 2013 年大家将错就错的结果，也是一种[加密货币](#)策略，用于增长未来获利几率，减轻压力和“害怕错过”(FOMO) 并克服“恐惧、怀疑和不确定”(FUD)。

Hodl 是什么意思？

“Hold on for dear life”（为了美好的生活，而坚定持有）是 HODL 的一种思维方式。这个术语是为避免因短期的价格涨跌而进行加密货币交易而创造的。简言之，hodl **是指购买加密货币后，将其放置在安全的[钱包](#)**（而非交易所）内进行保管，然后在长达十年的时间内“忘掉”它的存在。在时机来临时，hodler（长期持有加密货币者）以不比买入时高多少的价



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格卖出或用掉。这是为了避免加密货币所有者因短期内价格急剧波动而仓促做决定。

因为不会过度关注这些市场的波动, 用户自然不会形成因为市场不间断的涨跌而反应过度, 进而对短期的价格波动形成免疫。这通常能避免 hodler (长期持有加密货币者) 以低价卖出, 增加在长期交易中获利的概率。





Hodl’ 背后的故事

“Hodl”一词诞生于 2013 年, 当时的比特币价格还不稳定, 价格波动频繁。这导致比特币爱好者在线上论坛聚集, 讨论应对策略。大家在一个满是错误的论坛帖子中看到 一个极其痛苦的比特币交易者写道 “I am Hodling” (我会长期持有)。这个令人啼笑皆非的拼写错误, 以及这个诙谐有趣的帖子在比特币社区迅速蹿红。正文如下：

Author

Topic: I AM HODLING (Read 4527 times)

GameKyuubi

Full Member

Activity: 112

DTCxDOGE

Ignore

I AM HODLING

Today at 10:03:03 AM

I type d that tyitle twice because I knew it was wrong the first time. Still wrong. w/e. GF's out at a lesbian bar, BTC crashing WHY AM I HOLDING? I'LL TELL YOU WHY. It's because I'm a bad trader and I KNOW I'M A BAD TRADER. Yeah you good traders can spot the highs and the lows pit pat piffy wing wong wang just like that and make a millino bucks sure no problem bro. Likewise the weak hands are like OH NO IT'S GOING DOWN I'M GONNA SELL he he he and then they're like OH GOD MY ASSHOLE when the SMART traders who KNOW WHAT THE FUCK THEY'RE DOING buy back in but you know what? I'm not part of that group. When the traders buy back in I'm already part of the market capital so GUESS WHO YOU'RE CHEATING day traders NOT ME~! Those taunt threads saying "OHH YOU SHOULD HAVE SOLD" YEAH NO SHIT. NO SHIT I SHOULD HAVE SOLD. I SHOULD HAVE SOLD MOMENTS BEFORE EVERY SELL AND BOUGHT MOMENTS BEFORE EVERY BUY BUT YOU KNOW WHAT NOT EVERYBODY IS AS COOL AS YOU. You only sell in a bear market if you are a good day trader or an illusioned noob. The people inbetween hold. In a zero-sum game such as this, traders can only take your money if you sell.

so i've had some whiskey
actually on the bottle it's spelled whisky
w/e
sue me
(but only if it's payable in BTC)

Hodl 不只是简单的买入和持有策略, 它是一种哲学, 需要不同于短线交易者的强大心智。抵御恐慌性抛售的勇敢、坚毅和行动才是 **hodl** 的核心要义。



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Hodl 对于新手有何好处？

从最初发布每一种加密货币（比特币）开始，加密货币市场就像过山车一样动荡不安。

这个市场反复无常，价格波动是常见现象。经过多年的发展，加密货币经历了几次小爆发，因此恐慌性抛售时有发生。因此，hodl 策略不失为避免恐慌性抛售的方式，还可提升你的加密货币在长期收益方面的表现。

