



**ASK ALAN VIDEO TOPICS (some coming soon)**

- 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
140. Holding a Stock Through and Earnings Report
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**





183. **Analyzing the Cost-To-Close When Strike Prices Move Deep In-The-Money**
184. **Strike Selection for Collar Trades**
185. **Implied Volatility versus IV Rank and IV%**
186. **Using Delta and Implied Volatility to Assess a High-Risk Trade**
187. **Unusual Strike Prices Examined**
188. **Managing a Deep In-The-Money Covered Call Trade**
189. **Using Deep In-The-Money Strikes with High-Volatility Securities**
190. **Using Options to Enhance Returns When Selling Our Shares**
191. **Analyzing a Series of Covered Call Trades with CLX**
192. **Should We Use Delta for our Covered call Writing Strike Selections?**  
(March 2022)
193. **Managing a Covered Call Trade with a 1-Time Special Cash Dividend**  
(April 2022)
194. **Mitigating Losses by Rolling-Down During a Severe Market Decline**  
(May 2022)
195. **Will the Upcoming Dividend Cause My shares to be Sold?**
196. **Why are We Receiving a Higher Return After Expecting a Lower Return?**
197. **Should I Buy Back My Call Option to Capture Share Appreciation?**
198. **Significance of Breakeven for PMCC Trades**
199. **Covered Call Writing with a Delayed Long Leg**
200. **How to Avoid Early Exercise of Covered Call Options When Trying to capture Dividends**
201. **Calculating Annualized returns When Executing Multiple Exit Strategies with the Same Stock**
202. **Cash-Secured Put Rolling Trade Entries and Calculations**
203. **How to Manage Earnings Reports with the PCP Strategy**
204. **Multiple Exit Strategies with a weekly Put Trade**
205. **Selling Put Strikes to Avoid Exercise**
206. **20%/10% Guidelines for In-The-Money Strikes (May 2023)**
207. **Analyzing a Series of Covered Call Trades with NVDA (June 2023)**
208. **How to Structure Poor man's Covered call Trades (July 2023)**
209. **What is the Best Delta for Covered call Writing Strikes? (August 2023)**
210. **Was I Correct in Closing My Covered Call Trade Early? (September 2023)**
211. **Did My Trades Make or Lose Money? (October 2023)**



- 212. How Do We Avoid Exercise of Covered Call Trades?**
- 213. Post Earnings Opportunities**
- 214. How Do I Select the Best Put Strike?**
- 215. Best Stocks for the Poor Man's Covered Call Strategy**
- 216. Establishing the Cost-Basis of Adjusted Covered Call Trades**
- 217. Entering a Poor Man's Covered Call Trade**
- 218. Why At-The-Money Call Premiums are Higher than At-The-Money Put Premiums**
- 219. How to Enter & Archive Covered Call Rolling-Out Trades**
- 220. Should I Close or Take No Action for My Successful Covered Call Trades?**
- 221. Is This Trade Really a Big Loser?**
- 222. Should I Close My ATM Covered call with 2 ½ Months Until Expiration?**
- 223. Should I Unwind or Allow Assignment?**