



Q4 GLOBAL FOREX MARKET REPORT: KEY TRENDS & OUTLOOK

2025



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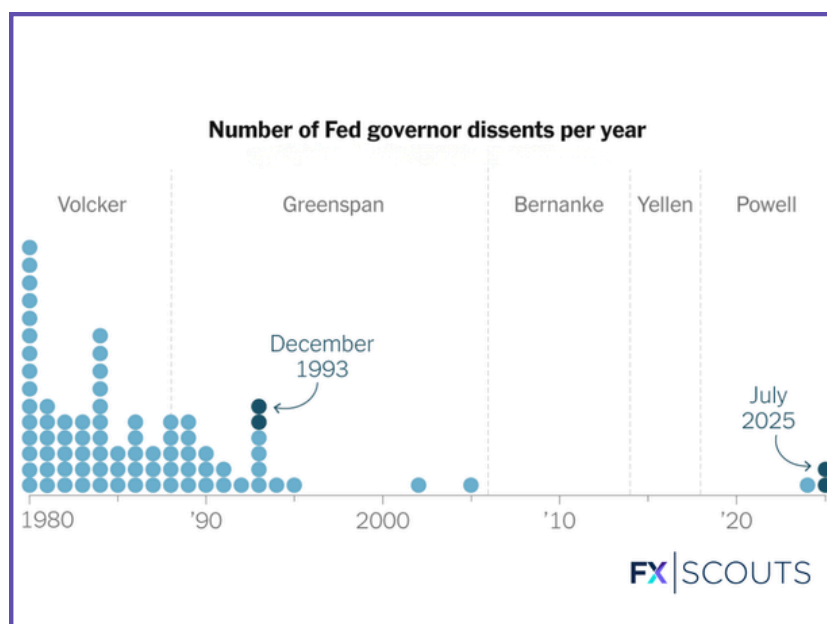
EXECUTIVE SUMMARY

The fourth quarter of 2025 marked a shift from shock to consequence in global foreign exchange markets. What emerged in Q3 as a loss of confidence in US institutions has evolved into a broader reassessment of US assets themselves. In Q4, currency markets were responding less to episodic risk-off moves and more to underlying shifts in capital allocation.

SHUTDOWN AND DIVISION

The US dollar remained under sustained pressure through the quarter, weighed down by an increasingly uncertain monetary policy environment. A prolonged US government shutdown disrupted the release of key economic data, leaving policymakers and investors alike operating with limited visibility. Against this backdrop, the Federal Reserve delivered two 25 basis point rate cuts, on October 29 and December 10. While intended to support a slowing economy, the cuts reinforced the perception that policy had become reactive, constrained not only by deteriorating fundamentals but by an erosion of institutional clarity.

Internal divisions within the Federal Reserve further undermined confidence. Stephen Miran's arrival on the FOMC board on September 15 introduced a more overtly dovish voice, with his dissent in favour of deeper easing highlighting growing disagreement over the appropriate policy path.



By the December 10 meeting, that fragmentation became unmistakable: while Miran dissented in favour of larger cuts, two other members opposed further easing altogether and argued for rates to be held steady. The split vote underscored a committee divided not merely on timing, but on the direction of policy itself — at a moment when reliable data was scarce.

BUBBLE FEARS SPARK VOLATILITY

Volatility in US equity markets compounded the dollar's challenges. Equity indices experienced repeated sharp swings throughout the quarter as investors reassessed elevated valuations tied to the artificial intelligence boom. While concerns about a potential AI bubble triggered periodic sell-offs, these moves were met with persistent dip-buying rather than broad de-risking.

Fund manager positioning remained heavily skewed toward equities, with cash allocations falling to record lows, leaving markets vulnerable to abrupt corrections but resistant to sustained capital flight.



The weakness was not confined to traditional markets. Bitcoin and the broader crypto complex also suffered a sharp reversal in Q4, with Bitcoin falling more than 20 percent over the quarter — its worst performance since 2018.

Despite its growing role in both institutional portfolios and retail trading, crypto failed to benefit from expectations of easier monetary policy or episodic liquidity injections. Instead, price action suggested that digital assets were increasingly trading as high-beta risk instruments rather than as alternatives to fiat or monetary instability.

Bitcoin Quarterly returns(%) coinglass

BTC ⌵ Daily returns(%) Weekly returns(%) Monthly returns(%) Quarterly returns(%)

Time	Q1	Q2	Q3	Q4
2026	+4.71%			
2025	-11.82%	+29.74%	+6.31%	-23.07%
2024	+68.68%	-11.92%	+0.96%	+47.73%
2023	+71.77%	+7.19%	-11.54%	+56.9%
2022	-1.46%	-56.2%	-2.57%	-14.75%
2021	+103.17%	-40.36%	+25.01%	+5.45%
2020	-10.83%	+42.33%	+17.97%	+168.02%
2019	+8.74%	+159.36%	-22.86%	-13.54%
2018	-49.7%	-7.71%	+3.61%	-42.16%
2017	+11.89%	+123.86%	+80.41%	+215.07%
2016	-3.06%	+62.06%	-9.41%	+58.17%
2015	-24.14%	+7.57%	-10.05%	+81.24%
2014	-37.42%	+40.43%	-39.74%	-16.7%
2013	+539.96%	-3.97%	+40.6%	+479.59%
Average	+47.89%	+27.11%	+6.05%	+77.07%
Median	+1.63%	+7.57%	+0.96%	+47.73%

UNCERTAINTY DELIVERS CLEAR WINNERS

Outside the United States, relative stability proved increasingly valuable. The euro and sterling advanced gradually as the European Central Bank and Bank of England maintained cautious but consistent policy stances, offering predictability in contrast to the uncertainty surrounding U.S. decision-making.

Commodity-linked and emerging-market currencies extended their recovery as a softer dollar, resilient global demand, and continued appetite for yield supported capital inflows. Gold remained a standout performer, building on its Q3 breakout as falling real yields, equity market volatility, and institutional uncertainty sustained demand.

Overall, Q4 confirmed that the dollar's challenges were structural rather than temporary. While outright disorder was avoided, confidence was not restored. With policymakers divided, data incomplete, and equity markets volatile yet fully invested, trust — in institutions, information, and valuations — remained the dominant driver of global currency markets as 2025 drew to a close.

Q3 MACRO DRIVERS

KEY MACRO DRIVERS

- US monetary policy, Fed continues easing despite US government shutdown
- US equity volatility driven by bubble fears and record low cash allocation
- Weakening relationship between equity stress and USD performance
- Shifting policy expectations in Japan challenge the carry trade
- Gold remains a standout performer as confidence remains strained

US MONETARY POLICY: EASING IN THE DARK

US monetary policy remained the dominant macro driver in Q4, defined less by the scale of easing than by the uncertainty surrounding it. A prolonged US government shutdown disrupted the release of key economic data, depriving policymakers and investors of timely insight into labour market conditions, inflation trends, and underlying growth momentum. As a result, the Federal Reserve was forced to make policy decisions with limited visibility, undermining confidence in the clarity and reliability of its reaction function.

Against this backdrop, the Fed delivered two 25 basis point rate cuts, on October 29 and December 10. While positioned as precautionary measures to support a slowing economy, the cuts reinforced the perception that policy had become reactive rather than pre-emptive. With inflation still elevated and data incomplete, markets struggled to interpret whether easing was driven by deteriorating fundamentals or by a growing aversion to downside risk, contributing to sustained pressure on the US dollar.

A DIVIDED FEDERAL RESERVE AND POLICY CREDIBILITY

Policy uncertainty was compounded by visible divisions within the Federal Open Market Committee. Stephen Miran's arrival on the FOMC board on September 15 introduced a more openly dovish voice, with his dissent in favour of deeper easing highlighting disagreement over the appropriate pace and extent of rate cuts.

These tensions came to a head at the December 10 meeting. While Miran dissented in favour of a larger cut, two other members opposed further easing altogether and argued for rates to be held steady. The split vote underscored a committee divided not merely on timing, but on the direction of policy itself — a destabilising signal at a moment when economic visibility was already impaired.

US EQUITIES AND AI-DRIVEN VOLATILITY

Volatility in US equity markets became an important transmission channel into FX markets during Q4. Equity indices experienced repeated sharp swings as investors reassessed elevated valuations tied to the artificial intelligence boom. While strong earnings and productivity optimism continued to support the broader market, concerns mounted that the AI trade had become crowded and vulnerable to negative surprises.

Crucially, this volatility did not trigger broad-based de-risking. Investor positioning remained heavily skewed toward equities, with cash allocations falling to record lows. As a result, equity sell-offs were sharp but short-lived, characterised by rapid rebounds rather than sustained declines. This left markets vulnerable to abrupt corrections while limiting traditional flight-to-safety behaviour.

BREAKDOWN IN THE EQUITY-DOLLAR RELATIONSHIP

One of the most notable macro developments of Q4 was the weakening relationship between equity market stress and US dollar performance. Repeated bouts of equity volatility failed to produce sustained dollar strength. In rare instances, US equities and the dollar weakened in parallel, suggesting that market stress was increasingly being interpreted as a US-specific risk rather than a global risk-off event.

CRYPTO ASSETS: LIQUIDITY SENSITIVITY AND RISK REPRICING

Crypto markets experienced a pronounced repricing in Q4, with Bitcoin declining more than 20 percent over the quarter despite expectations of looser monetary policy. The sell-off highlighted the asset class's sensitivity to liquidity conditions and broader risk sentiment, rather than to headline rate cuts alone.

Crypto failed to respond positively even as the Federal Reserve conducted targeted liquidity operations late in the quarter, highlighting declining risk appetite and positioning fatigue. The Q4 decline underscored that crypto, like U.S. equities, was vulnerable to tightening financial conditions and confidence shocks.

EUROPE: STABILITY WITHOUT MOMENTUM

In contrast to the US, the euro area entered the final quarter of 2025 with relative institutional stability, even as economic momentum softened. Business activity slowed more than expected toward year-end, with December PMI data showing the euro-zone composite index slipping to its lowest level in three months.

Despite the weaker data, the euro-zone avoided outright contraction. Importantly, the European Central Bank maintained a predictable policy stance, reinforcing expectations that its easing cycle had largely run its course. While growth remained subdued, the absence of policy shocks and clear forward guidance contrasted favourably with the uncertainty surrounding US decision-making.

This backdrop supported the euro in relative terms. Stability, even without strong growth, proved sufficient to attract incremental capital flows as investors diversified away from US exposure. The euro's gains reflected comparative confidence in policy coherence rather than optimism about the growth outlook.

JAPAN: RISING YIELDS, CARRY TRADE PRESSURE, AND INTERVENTION RISK

Japan remained a distinct macro regime in Q4 as rising bond yields and shifting policy expectations posed a challenge to the yen carry trade — a long-standing source of global liquidity. Years of ultra-low interest rates had encouraged investors to borrow cheaply in yen and deploy capital into higher-yielding assets abroad, supporting global risk appetite.

That dynamic came under pressure as Japanese bond yields moved sharply higher amid persistent inflation and reduced central bank intervention. Rising domestic yields narrowed interest rate differentials and increased funding costs, weakening the economics of the carry trade.

Despite this, yen strength remained uneven. While repeated warnings from Japanese authorities about potential foreign exchange intervention triggered brief bouts of yen appreciation, concerns over Japan's fiscal trajectory and expansionary spending plans continued to limit sustained gains. The result was a complex environment in which higher yields and intervention risk introduced volatility without producing a clear trend.

COMMODITIES, GOLD, AND CAPITAL ROTATION

A softer US dollar and persistent policy uncertainty supported commodity prices through Q4, benefiting commodity-linked and emerging-market currencies. Capital flows increasingly favoured higher-yielding and resource-backed markets as investors sought diversification away from US-centric exposure.

Gold remained a standout performer. Building on its Q3 breakout, the metal continued to attract demand as real yields declined and confidence in US fiscal and monetary institutions remained strained. By Q4, gold had evolved beyond a tactical hedge against volatility into a broader barometer of concern over policy credibility, asset valuations, and long-term monetary stability.

TECHNICAL ANALYSIS

EUR/USD

Through the final quarter of 2025, EUR/USD recovered steadily from its October lows, supported by a softer USD and relative policy stability in the euro area. The rally carried the pair back into the mid-1.17s by December, but upside momentum faded as repeated attempts to clear the 1.1760–1.1800 resistance zone failed, leaving the pair consolidating into year-end.

That consolidation has carried into early 2026. Price has remained range-bound around 1.1720, with pullbacks continuing to find support just above the rising 50-day EMA near 1.1680, reinforcing the idea that the Q4 recovery remains intact rather than exhausted. Deeper support at 1.1520–1.1550 and the 200-day EMA near 1.1490 remain untested, highlighting the absence of meaningful downside pressure so far.



Momentum indicators remain consistent with this continuation phase. The RSI-14 has eased back into the mid-50s after peaking during the Q4 advance, signalling cooling momentum without bearish divergence, while the ADX-14 remains subdued, reflecting a recovery driven by relative dollar weakness rather than strong trend conviction.

Overall, EUR/USD continues to trade as an extension of the Q4 recovery, retaining a cautiously bullish bias while holding above the 50-day EMA, but still requiring a decisive break above 1.1780 to reassert upside momentum and challenge the September highs.

USD/JPY

Through the final quarter of 2025, USD/JPY advanced strongly as widening Fed–BoJ policy divergence and resilient U.S. yields fuelled renewed carry demand. The rally accelerated in October, breaking decisively above the 150–152 range before extending through November and peaking in December near 157.80–158.00, just ahead of the 160.00 psychological level, where upside momentum began to fade.



That Q4 advance now defines the technical structure entering 2026. Price has since settled into consolidation around 156.50, with repeated failures near 157.70 establishing clear near-term resistance, while pullbacks have remained contained above 153.60 (23.6% Fib), preserving the broader bullish structure.

Momentum indicators are consistent with this pause: the RSI-14 has eased back toward the mid-50s from earlier overbought readings, signalling cooling momentum without bearish divergence. As a result, USD/JPY enters early 2026 trading as a continuation of the Q4 uptrend, with range-bound conditions prevailing below 158.00, and a sustained break higher required to reopen the path toward 160.00.

XAU/USD

Gold extended its advance through the final quarter of 2025, building on the Q3 breakout as dollar softness, falling real yields, and persistent policy uncertainty continued to drive defensive and diversification flows. The rally accelerated into December, carrying price into the \$4,350–\$4,400 resistance zone before briefly pushing toward the \$4,500 psychological level, where upside momentum began to stall.



That Q4 surge now defines the technical structure entering 2026. Price has pulled back from the highs but remains firmly supported, consolidating around \$4,450–\$4,300. Repeated reactions around the \$4,350–\$4,400 zone highlight it as a key pivot, with the inability to sustain a clean break higher pointing to consolidation. On the downside, pullbacks have remained contained above the rising 50-day EMA near \$4,230, reinforcing the bullish structure established during Q4.

The RSI-14 has eased back from overbought levels but remains elevated, signalling cooling momentum without bearish divergence, while trend strength remains intact despite the recent volatility around the highs.

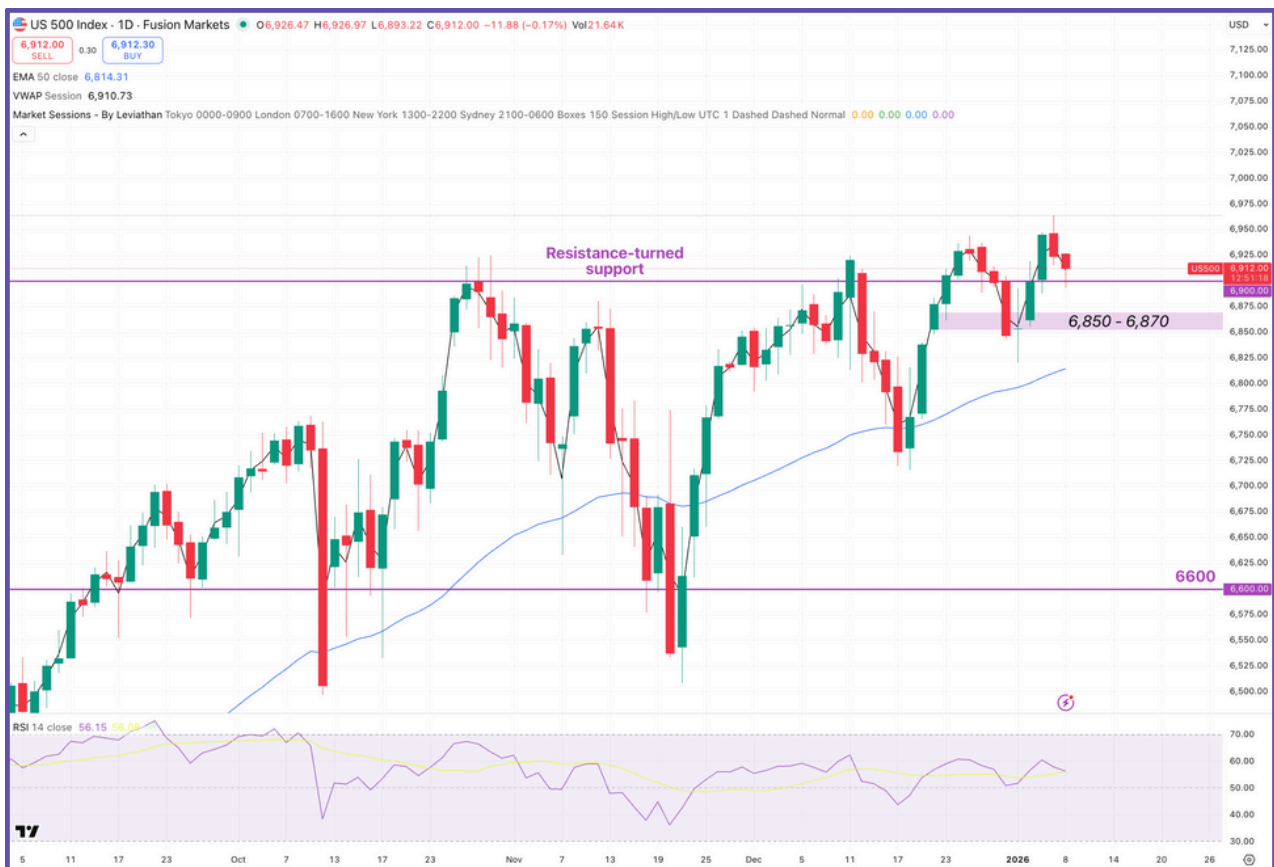
Overall, gold continues to trade as an extension of the Q4 uptrend into early 2026. The broader bullish bias remains intact while price holds above the 50-day EMA, with a sustained break above \$4,400 needed to reassert upside momentum and bring the \$4,500 level back into focus.

S&P 500

The S&P 500 remains in a well-defined uptrend, and the recent price action above 6,900 suggests the index is no longer being capped at prior highs. Instead of repeated rejection, the market has managed to accept price above the former resistance, shifting 6,880–6,900 from a ceiling into a near-term reference area.

The more relevant technical focus has now moved lower, toward the 6,850–6,870 zone, which has repeatedly acted as support on pullbacks and sits just above the rising 50-day EMA (~6,815). The fact that dips into this area continue to attract buyers argues that upside momentum has cooled, but structure remains intact rather than stalled.

From a momentum perspective, this fits the picture. The RSI-14 is holding in the mid-50s, consistent with trend continuation without overextension. This is not the profile of a market rolling over; it is the profile of one consolidating above prior resistance.



In short, the market isn't failing at the highs — it is digesting gains above them. That keeps the Q4 trend alive into early 2026, even if upside progress is slower and more selective than it was during the earlier phase of the rally.

BTC/USD

Bitcoin reversed sharply in Q4 after failing to sustain its breakout above \$120,000 with the October peak marking a clear exhaustion point in the cycle rally. The subsequent break below the 50-day EMA triggered accelerated selling through November, dragging price beneath the 200-day EMA and into the low \$80,000s, where forced liquidation gave way to stabilisation rather than capitulation.

That Q4 correction has defined the technical structure entering 2026. Price has since transitioned into a consolidation phase, repeatedly finding demand in the \$80,000–84,500 region, which has emerged as near-term support. While rebounds have been sharp at times, upside progress has stalled below \$94,500, establishing this area as initial resistance and highlighting the market's difficulty in reclaiming broken trend levels. Above here, the \$102,500 zone marks the next major resistance and the level required to neutralise the broader corrective bias.



Momentum indicators are consistent with basing rather than trend resumption. The RSI-14 has lifted from deeply oversold levels but remains in the low-to-mid 40s, signalling stabilisation without renewed bullish momentum. Meanwhile, trend strength has eased following the Q4 sell-off, reflecting a shift from directional selling into range-bound trade.

Overall, BTC/USD enters early 2026 in a post-correction consolidation, not yet showing signs of trend reversal. The broader outlook remains cautious while price holds below \$94,500–\$102,500, with sustained acceptance above this zone required to restore a bullish structure. Until then, price action is best viewed as a corrective base following an aggressive Q4 unwind rather than the start of a new impulsive move higher.

Q1 2026 OUTLOOK

01

USD: Pressure Remains as Uncertainty Continues

- Two rate cuts in Q4 and internal division have left the Fed's reaction function unclear
- Traditional safe-haven demand for the dollar has weakened, even during periods of volatility
- With Jay Powell to step down in early Q2, the dollar is likely to remain under pressure

02

US Equities: Volatility Without Capitulation

- Elevated AI-linked valuations and crowded positioning leave equities vulnerable to sharp pullbacks
- Record-low cash levels suggest sustained de-risking is unlikely
- Equity volatility may continue to weigh on confidence in US assets rather than support the dollar

03

Crypto Assets: High-Beta Risk, Not a Hedge

- Bitcoin's sharp Q4 decline underscored crypto's sensitivity to liquidity conditions and risk appetite
- In Q1, crypto is likely to remain volatile and directionally tied to broader risk sentiment rather than acting as a store of value

04

Gold: Structural Support Intact

- Falling real yields and persistent policy uncertainty continue to favour gold
- The metal has shifted from a tactical hedge to a more structural portfolio allocation
- While consolidation is possible, downside is likely to be limited absent a sharp rise in real yields

Q1 2026 OUTLOOK

05

EUR: Stability as a Relative Advantage

- Weak growth momentum persists, particularly in manufacturing, but recession risks remain contained
- The ECB's consistent policy stance contrasts with uncertainty surrounding US decision-making
- The euro is likely to benefit from diversification flows rather than strong domestic growth

06

JPY: A Potential Catalyst for Repricing

- Rising JGB yields and expectations of further BoJ tightening threaten the yen carry trade
- Even a partial unwind could disrupt global capital flows and increase volatility.
- Fiscal concerns may limit sustained yen strength, keeping USD/JPY sensitive to policy signals

07

Emerging Markets: Selective Opportunities

- A softer dollar and attractive yield differentials provide a supportive backdrop
- Volatility in developed markets argues against indiscriminate risk-taking
- EM currencies with strong fundamentals and commodity exposure are best positioned

Conclusion:

As 2026 begins, markets are no longer reacting to sudden shocks but testing whether the shifts of 2025 represent a lasting regime change. With confidence in US institutions fragile, equity valuations stretched, and global capital flows in transition, Q1 is likely to be defined by selective positioning rather than broad risk-taking.

EUR/USD TIMELINE

- **October 1, 2025** - US federal government shutdown begins, delaying key economic data releases. Reduced data visibility and increased uncertainty support the dollar early in Q4.
- **Early October, 2025** - Repeated stronger-than-expected US data continues pushing EUR/USD lower.
- **October 29, 2025** - Federal Reserve cuts interest rates by 25 bps. Initial dollar weakness fades as Fed messaging is interpreted as cautious.
- **October 30, 2025** - ECB leaves interest rates unchanged. EUR/USD remains under pressure as markets focus on relative growth and policy divergence.
- **Early November 2025** - Markets price in an end to the “higher for longer” narrative. US Treasury yields fell sharply and EUR/USD gains.
- **December 10, 2025** - Federal Reserve delivers a second 25 bps rate cut. The dollar weakens broadly and EUR/USD rallies sharply.
- **December 18, 2025** - ECB meeting: interest rates left unchanged. ECB maintains a cautious stance on easing. EUR/USD holds near Q4 highs as rate divergence expectations stabilise.
- **Late December 2025** - Year-end positioning and thinner liquidity drive profit-taking. EUR/USD pulls back from highs and consolidates into year-end.



USD/JPY TIMELINE

- **October 1, 2025** — US federal government shutdown begins. Risk aversion support the dollar, allowing USD/JPY to continue its upward trend.
- **October 4, 2025** — Sanae Takaichi elected president of Japan's Liberal Democratic Party (LDP). Markets interpret her victory as favouring fiscal expansion, weighing on the yen.
- **October 29, 2025** — Federal Reserve cuts interest rates by 25 bps. USD/JPY consolidates briefly before resuming its uptrend.
- **Early November 2025** — USD/JPY breaks above the 154 level as US–Japan rate divergence remains wide and BoJ policy stays accommodative.
- **Late November 2025** — BoJ officials warn they will act against excessive volatility. Intervention rhetoric slows, but does not reverse, yen weakness.
- **December 10, 2025** — Federal Reserve delivers a second 25 bps rate cut. USD/JPY dips briefly but remains elevated as markets focus on persistent policy divergence.
- **Mid-December 2025** — USD/JPY tests the 157–158 area as dollar strength reasserts itself despite ongoing intervention warnings from Japanese authorities.



XAU/USD TIMELINE

- **Early October 2025** — The US government shutdown and heightened geopolitical tensions boost safe-haven demand, pushing XAU/USD higher.
- **October 29, 2025** — Federal Reserve cuts interest rates by 25 bps. Initial gains fade as the Fed signals a cautious pace of further easing
- **Early November 2025** — Gold pulls back as US yields stabilise and the dollar firms. Reduced expectations for Fed easing trigger profit-taking.
- **Mid-November 2025** — Gold finds support as real yields ease. Selling pressure slows and XAU/USD begins to stabilise, forming a base.
- **Early December 2025** — Gold resumes its uptrend amid renewed rate-cut expectations. Falling real yields and a softer dollar support steady gains.
- **December 10, 2025** — Federal Reserve delivers a second 25 bps rate cut. Gold surges to fresh Q4 highs.
- **December 23, 2025** — XAU/USD reaches record highs over 4,500 as momentum-driven buying intensifies.
- **Late December 2025** — Sharp pullback as profit-taking and year-end flows dominate. Gold retreats from highs but remains elevated into year-end consolidation.



S&P 500 TIMELINE

- **Early October 2025** — The S&P 500 extends gains from late Q3 highs as investors focus on resilient US growth and expectations of gradual Fed easing.
- **October 10, 2025** – President Trump threatens China with an additional 100% tariff, wiping 2.7% off S&P 500 and crashing global markets.
- **October 29, 2025** — Federal Reserve cuts interest rates by 25 bps. Equities react cautiously as the Fed signals a gradual, data-dependent easing path rather than aggressive stimulus.
- **Mid-November 2025** — S&P 500 sells off sharply amid earnings digestion and AI valuation concerns. Profit-taking accelerates as investors reassess stretched valuations in mega-cap tech, leading to the deepest Q4 drawdown.
- **Late November 2025** — S&P 500 trades chopply as markets balance Fed easing expectations against still-elevated valuations.
- **December 10, 2025** — Federal Reserve delivers a second 25 bps rate cut. Equities rally sharply as markets interpret the move as supportive for growth and liquidity.
- **End-December 2025** — S&P 500 reaches fresh record highs as year-end momentum builds. Profit-taking and year-end positioning lead to a modest pullback, with the index consolidating near record levels into year-end.



BTC/USD TIMELINE

- **Early October 2025** — Bitcoin trades near cycle highs as risk appetite remains strong.
- **October 10, 2025** — President Trump's 100% China tariff threat hits crypto markets hard. Broader risk aversion, concerns over market structure, and position unwinds trigger a steep correction from October highs.
- **Late October 2025** — Federal Reserve rate cut fails to stabilise crypto markets, and BTC/USD remains under pressure as deleveraging continues.
- **Mid-November 2025** — BTC/USD breaks lower amid broad risk-off moves. Equity market weakness and tighter financial conditions weigh on high-beta assets, driving Bitcoin to Q4 lows.
- **Late November 2025** — Rebound as selling pressure exhausts. Short-covering and tactical buying lift price, but the move lacks follow-through.
- **December 10, 2025** — BTC/USD reacts modestly to Fed rate cut as the easing is viewed as insufficient to trigger a sustained risk-on rally.
- **Mid-Late December 2025** — Bitcoin remains range-bound despite equity market strength as investors favour traditional risk assets. Year-end positioning and reduced liquidity keep BTC/USD subdued.



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