WHAT IS MINE IS YOURS

Trading Psychology & Discipline

Build rules that survive emotion

Educational notice
This guide is for general education only. It is not financial, investment, legal or tax advice, nor a recommendation to buy or sell any instrument. Forex and leveraged products are high risk; you can lose some or all of your capital. Practise on demo, verify broker specifications and never risk money needed for essentials.

Process over outcome

A winning trade can come from a poor decision; a losing trade can come from a well-executed plan. Review rule adherence separately from profit or loss. Judge a strategy over a meaningful sample.

FOMO

Chasing a large candle often worsens entry price and makes stop placement unclear. Use a no-chase rule: if price has passed your planned zone, wait for a new setup or do nothing. Missing a trade is not a loss.

Revenge trading

Revenge trading means entering to emotionally recover a loss. It can lead to larger size and weaker setups. Pause after a loss; if your daily loss limit is reached, close the platform.

Patience

Define conditions that must all be present. If an essential condition is missing, the trade is invalid. A one-trade-per-day rule may reduce overtrading for some traders, but does not itself create profitability.

Routine

Before trading, check calendar, spread, levels, bias, risk limit and emotional state. After trading, save screenshots and journal facts. If tired, angry, rushed or distracted, reduce activity or stand aside.

Journal prompts

Did I wait for my setup? Did I chase? Did I move the stop? Did I risk more than planned? What evidence supported entry? What one behaviour will I improve next session?

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