





# Trader Psychology Reset

Time to apply: ~15 minutes · Best for: prop firm & day traders · Theme: tilt control, anti-revenge, calm execution under pressure

## What you'll get

- Instant *Tilt Reset* protocol (5 minutes) to stop revenge trades
- Pre-session & post-session mindset routines (copy & paste)
- Affirmations & focus cues tailored for funded challenges
- 7-Day Psychology Reset plan + journaling prompts
- Emergency rules you follow when emotions spike

## 1) Why psychology beats “perfect setups”

Most challenge failures come from **emotional rule breaks** — not lack of strategy.

Common pitfalls:

- Revenge trading after a loser (“I’ll make it back now”)
- Overtrading from FOMO or boredom
- Bias lock: seeking charts that confirm your view
- Moving stops “just this once” → death by a thousand cuts

**Key principle:** “*First survive, then perform.*” Your edge appears only when your state is calm, focused, and rule-driven.

## 2) The 5-Minute Tilt Reset (do this immediately)

1. **Step 1 — Stand up (10s):** break state, take 3 slow breaths.
2. **Step 2 — 4-7-8 breaths (60s):** inhale 4, hold 7, exhale 8 × 4 rounds.
3. **Step 3 — Label emotions (30s):** “I feel anger/frustration/anxiety.” (labeling lowers amygdala activity)
4. **Step 4 — Rule card (60s):** read your non-negotiables (below).
5. **Step 5 — Timer (2 min):** set a 2-minute lock. *No actions*. If urges persist → **end session**.

### My non-negotiables:

- No revenge trades. No “double size next trade”.
- Max trades/day: 3. Max daily loss: 1–1.5% (stop if hit).
- No entries within 10–15m of red-folder news.
- Always pre-define stop & target; no dragging stops.

### 3) Pre-Session Focus Routine (3–5 minutes)

#### Breathing (1 min)

- 4 rounds box breathing (4-4-4-4)
- Shoulders down, jaw unclenched

#### Intent (60–90s)

- “Trade only A+ setups”
- “Process > outcome”
- “I can skip a day; skipping is a win”

#### Affirmations (read out loud)

- “I don’t chase. I wait for my triggers.”
- “One trade doesn’t define me; my rules do.”
- “Flat is a position.”

### 4) In-Session Anti-Revenge Checklist

- Have I reached daily loss cap? → **Stop**.
- Is this setup in my playbook? (Yes/No)
- Is there red-folder news in < 60 minutes?
- Is my size  $\leq$  planned risk? (0.25–0.5% typical for challenges)
- Have I already hit 3 trades today? → **Stop**.

## 5) Common Triggers → Counter-Actions

Trigger	What it causes	Counter-action (do now)
Big red candle against me	Panic close, revenge urge	4-7-8 × 2 rounds → re-read non-negotiables → <i>no re-entry for 5 minutes</i>
Missed move	FOMO chase	Write: "Missed because _____. Next valid trigger = _____." Wait for next setup only
Two losses in a row	Tilt, double size	Mandatory walk (5 min) → if urge persists, end session
News spike	Impromptu entries	Set timer: <i>no trades 10–15 min post news</i>

## 6) Post-Session Decompression (5 minutes)

1. Score discipline 1–5 (not P&L)
2. Write 1 win in process (even if red day)
3. Write 1 tiny change for tomorrow
4. Close platform; *no chart scrolling*

### Link your tools for accountability

#013 Prop Firm Survival #014 Funded Account Tracker

Combine the Psychology Reset with the Survival rules (#013) and the Tracker (#014) to make emotions measurable and enforce hard stops.

## 7) 7-Day Psychology Reset Plan

Day	Focus	Action
Mon	Clarity	Rewrite non-negotiables on a physical card; read before session
Tue	Breath	Practice 4-7-8 before first chart scan (3 minutes)
Wed	Triggers	List 3 personal tilt triggers + 1 counter-action each
Thu	Pause	Introduce 2-minute timer rule before every entry
Fri	Review	Journal: discipline score + one improvement
Sat	Sim	Replay 2 trades; narrate rules out loud
Sun	Prep	Plan next week: risk %, trade windows, news blocks

## 8) Journaling Prompts (copy & paste)

- What emotion was strongest today? When did it start?
- Which rule prevented a mistake (or would have)?
- Did I stop at daily loss cap? If not, why?
- One thing I'll do differently tomorrow is...

## 9) Emergency Stop Protocol

- If I move a stop or add to a loser → **end session now**
- If I break daily loss cap → **lock platform**, journal why, no trading 24h
- If I feel urge to “win it back” → timer 10 min + walk outside

### Affirmations for funded traders

- “My job is to follow rules; profit is a by-product.”
- “Skipping low-quality trades is professional.”
- “I don’t predict; I respond to my triggers.”

## 10) Make it stick (integration)

Print this page. Keep the “Tilt Reset” and “Emergency Protocol” visible next to your screen. Pair with #014 to measure discipline in numbers.

---

 [Unlock the Lifetime Deal](#)

All assets. Lifetime updates. One payment.

---

## Related EarnBasis assets

- [#013 – Prop Firm Survival: hard rules for passing challenges](#)
- [#014 – Funded Account Tracker: track risk, loss caps & discipline](#)
- [#011 – Forex Day Trading Playbook: structure → setups → execution](#)

© EarnBasis – Educational content only. No financial advice. Results may vary.

Trading involves risk; never trade with money you cannot afford to lose.