

# Tilt Prevention Checklist

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Signal Pilot Education Hub

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## Tilt & Revenge Trading Prevention Checklist

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**From Lesson 7: Why You Keep Revenge Trading (And How to Actually Stop)**

Use this checklist BEFORE every trade to prevent tilt and activate circuit breakers when emotions hijack your trading.

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### Pre-Market: Daily Mental Preparation

- [ ] **Sleep & Physical State**
- Slept 7+ hours last night

- Not sick, hungover, or physically exhausted
- Hydrated and fed (brain needs fuel)

- [ ] **Set Daily Hard Limits**

- Daily loss limit set: \$\_\_ (typically 2% of account)
- 3-strike rule activated (hard stop after 3 losing trades)

- Position size reduction rule ready (50% after any loss)

- [ ] **Review Yesterday's Trades**

- Journaled all trades from yesterday

- Identified any revenge trading incidents

- Ready to learn from mistakes (not repeat them)

- [ ] **Emotional State Check (1-10 scale)**

- Overall emotional state: \_\_\_\_ / 10 (8+ required to trade)

- Focus level: \_\_\_\_ / 10 (8+ required to trade)

- If ANY score <7, seriously consider skipping today's session
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## **Pre-Trade: Mental State Check**

### **(Every Single Trade)**

- [ ] **Emotional State: 1-10 scale**

- Am I calm and focused? (Score: \_\_\_\_ / 10)

- 8-10 = Proceed with trade

- 1-7 = DO NOT TRADE (tilted or distracted)

- [ ] **Identify Tilt Type (If Applicable)**

- Revenge Tilt: Just had a losing trade, want money back NOW

- Winner's Tilt: On a winning streak, feeling invincible

- Boredom Tilt: No setups, forcing trades for action

- [ ] **Checklist Adherence Check**

- Am I following my pre-trade checklist 100%?

- YES = Proceed | NO = Stop and re-evaluate

- [ ] **FOMO Check**

- Am I taking this trade because I NEED action?
  - Am I chasing because "I'll miss the move"?
  - If YES to either = **✗ DO NOT TRADE**
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## **Circuit Breakers (Auto-Stop Rules)**

### **Circuit Breaker #1: 3-Strike Rule**

- [ ] After 3 losing trades in a single day:
- STOP trading immediately
- Close platform
- Walk away for minimum 2 hours
- **✗ NO EXCEPTIONS** (no "just one more setup")

### **Circuit Breaker #2: Daily Loss Limit**

- [ ] After hitting -\$\_\_ in losses:
- DONE for the day (no more trades)
- Account preservation activated
- Journal what went wrong

### **Circuit Breaker #3: Position Size Reduction**

- [ ] After EVERY losing trade:
- Reduce next 2 positions by 50%
- Example: Normal size \$10k → \$5k for next 2 trades
- Then back to normal (if no additional losses)

### **Circuit Breaker #4: Post-Loss Cooling Period**

- [ ] After ANY losing trade:
  - Wait minimum 30 minutes before next trade
  - Journal: What happened? How do I feel?
  - Rate emotional state: \_\_\_\_ / 10 (must be 8+ to trade again)
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# Hard Stop Triggers (Exit Trading Session NOW)

- [ ] 3rd losing trade of the day (3-strike rule)
  - [ ] Daily loss limit hit (-2% or your set limit)
  - [ ] Emotional state drops below 7/10
  - [ ] Caught yourself breaking a rule (revenge entry, oversizing, ignoring checklist)
  - [ ] Physical symptoms of tilt (elevated heart rate, sweating, anger, frustration)
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## Post-Trade: Tilt Pattern Tracking

After EVERY trade (win or loss), log:

### Trade details:

- Entry: \$\_\_ | Exit: \$\_\_ | Outcome: Win / Loss / BE
- Followed checklist: YES / NO
- Setup quality: A / B / C

### Emotional tracking:

- Emotional state before trade: \_\_ / 10
- **Emotional state after trade:** \_\_ / 10
- Tilt type experienced (if any): \_\_
- Did I feel revenge/FOMO/overconfidence? YES / NO

### Post-loss specific:

- Do I want to trade again immediately? YES / NO
- Am I angry or frustrated? YES / NO
- Circuit breaker activated (if needed): \_\_

### Weekly Review:

- Total trades this week: \_\_

- Revenge trading incidents: \_
  - Circuit breakers activated: \_
  - Most common tilt trigger: \_\_\_\_\_
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**Remember:**

- Revenge trading is neuroscience, not discipline (amygdala hijack)
- 3 types of tilt: Revenge, Winner's, Boredom (recognize which one)
- 3-strike rule = hard stop after 3 losses (no exceptions)
- Daily loss limit protects account from blow-up
- Reduce position size after losses (circuit breaker #3)
- Journal religiously (patterns emerge, systems improve)

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