

Bias Counter Rules Builder

Create personal rules to counter your behavioral biases

Step 1: Select Your Top Biases to Counter

Choose 2-3 biases you want to address:

Loss Aversion

Feeling losses more strongly than gains

Overconfidence

Overestimating your abilities

Confirmation Bias

Seeking confirming information

Herd Mentality

Following the crowd

Recency Bias

Overweighting recent events

Anchoring

Fixating on specific numbers

Step 2: Build Your Counter Rules

Buying Rules

What criteria must be met before you buy an investment?

Example: I will only buy after waiting 48 hours and completing a written analysis of pros AND cons...

Selling Rules

When will you sell? What triggers are acceptable?

Example: I will sell when my thesis is broken, not when the price drops. I will review bearish arguments before panic selling...

Portfolio Management Rules

How will you maintain discipline over time?

Example: I will rebalance quarterly regardless of market conditions. I will not check my portfolio more than once per week...

Emotional Control Rules

How will you handle market volatility and FOMO?

Example: During a crash, I will wait 7 days before making any changes. I will not buy 'hot' stocks discussed on social media...

Position Sizing Rules

How will you prevent overconcentration?

Example: No single stock will exceed 5% of my portfolio. I will diversify across at least 3 asset classes...

Step 3: Accountability System

How will you enforce these rules?

Example: I will review this document before any trade. I will keep a trading journal and review decisions monthly...

My Personal Bias-Counter Rules

Date Created:

Buying Rules

Selling Rules

Portfolio Management

Emotional Control

Position Sizing

Accountability

Commitment: I commit to following these rules for all investment decisions. I will review this document before any

trade and update it as I learn more about my behavioral tendencies.