

Trading Psychology & Mindset

The rules that keep your head in the game when the session gets hard.

THE UNCOMFORTABLE TRUTH

Traders who blow funded accounts don't do it on the first bad trade. They do it on the third or fourth trade in the same session, chasing the loss, sizing up to recover faster. The system didn't fail. The psychology did.

7 RULES FOR SESSION DISCIPLINE

01

COVER YOUR P&L

Hide the running P&L. Manage levels and structure, not a number. P&L makes you hesitant when green and reckless when red.

02

DEFINE WRONG BEFORE ENTRY

Invalidation set in pre-market. Stop placed before entry. Price hits your stop, trade is over. No negotiation.

03

WALK AWAY AFTER A LOSS

Five minutes. Physically away from the screen. Let the reactive part of your brain settle before touching the platform.

04

NEVER SIZE UP TO RECOVER

Lost \$200? Next trade is still \$200 max risk. The math doesn't change because you're behind.

05

TWO STOPS = STEP BACK

Two consecutive stops same direction means your read is wrong. Not maybe wrong. Wrong. Reassess first.

06

LOG EVERY TRADE

The journal is the mirror. Winners and losers. Data tells you what's working. Feelings don't.

07

RESPECT THE DAILY LIMIT

\$400 in losses? Close the platform. Session is over. The market opens again tomorrow.

Mindset keeps you in the game. VolumeEdge gives you the system to win it.

Volume profile framework • Entry model • Risk architecture • The hidden layer in Module 7