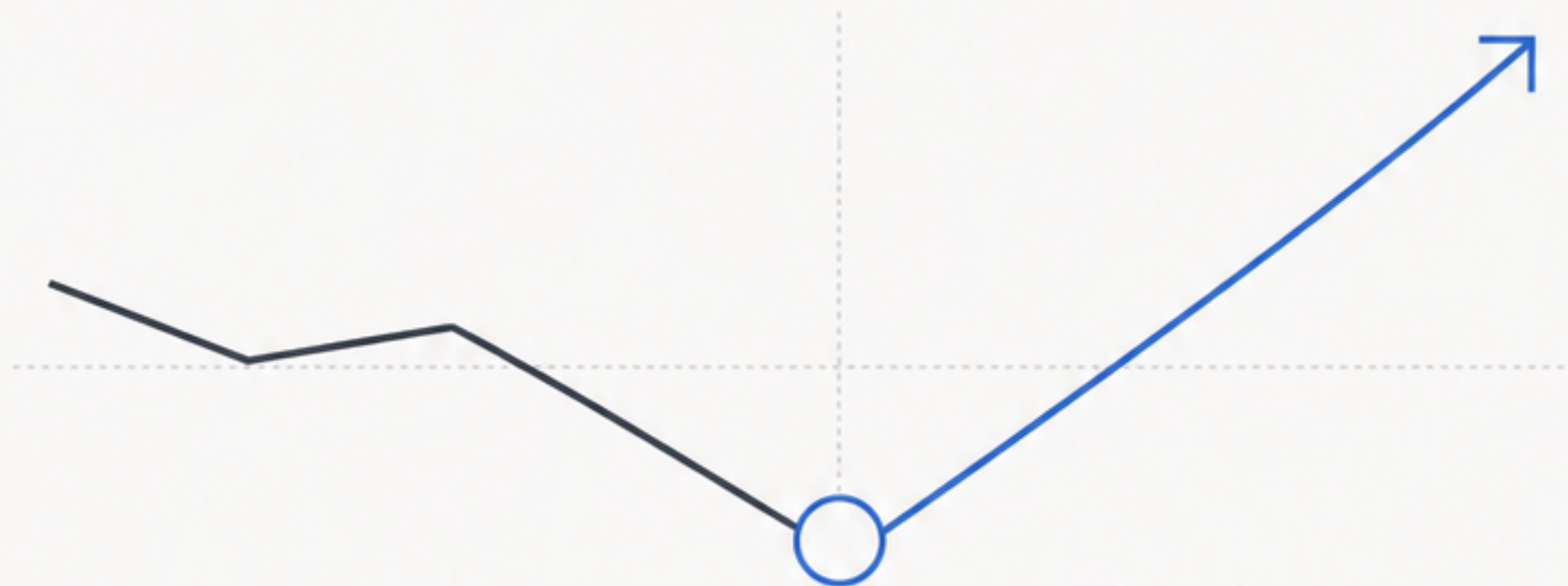


THE REVENGE TRADING RESET

A 5-minute process to stop
emotional trading after a loss.



Discipline today.
Freedom tomorrow.

DO NOT TRADE AGAIN UNTIL...

- I have stepped away from the screen
- I know why the last trade lost
- I am not trying to win it back
- My next trade fits my plan
- My risk is normal size
- I am calm enough to follow my stop loss



If one box is unchecked:
Do not trade yet.

THE R.E.S.E.T. FRAMEWORK

R

RECOGNIZE
the trigger.

E

EXIT
the screen.

S

SLOW
your body down.

E

EVALUATE
the mistake.

T

TRADE
only if aligned.

TH

Only return if the next trade **matches your plan.**

THE 3 TRIGGERS



ANGER

'I need to win it back.'



FEAR

'I cannot end the day red.'



EGO

'I was right. The market is wrong.'

Your goal is not to remove emotions.

Your goal is to **stop emotions** from making decisions for you.

DAILY REFLECTION



What triggered me today?



Did I revenge trade?



Did I follow my max loss rule?



What emotion affected me most?



What will I do differently next session?



Discipline is built when you follow your system under pressure.



Want the full system?

Get the TradeHabitDaily Discipline Journal.

- ✓ Pre-trade checklist
- ✓ Post-trade review
- ✓ Rule-break tracker
- ✓ Weekly discipline scorecard



TRADEHABITDAILY
Build Better Habits. Make Better Trades.