APPENDIX C / WRITING WORKSHEET

After a Missed Trade or a Loss

The next trade owes me nothing.

Prepare my reset

Fill this in before I need it

The first sign I'm starting to chase

When I notice it, I'll pause by

I'm done trading for the day when

Use my reset

When I feel the urge to get it back

1. Check what's still open. I check my positions and working orders. If my entry has expired, I follow my cancellation rule and confirm the order is no longer working.

2. Name what happened. Did I take a loss, or did I watch price reach my target without me? If my limit order missed by one tick, I can be disappointed. That missed trade didn't take money out of my account.

3. Follow my pause rule. If I've reached my stopping condition, my session is over. Switching accounts or markets doesn't change that decision.

4. Ask before another entry. Would I take this setup at this price if I had nothing to make back? I consider it only when my pause is complete, the setup qualifies on its own, and the size fits my remaining risk budget.

Later, one line

I felt the urge to

What I actually did was

Wanting to chase and choosing to wait is a decision worth recording.