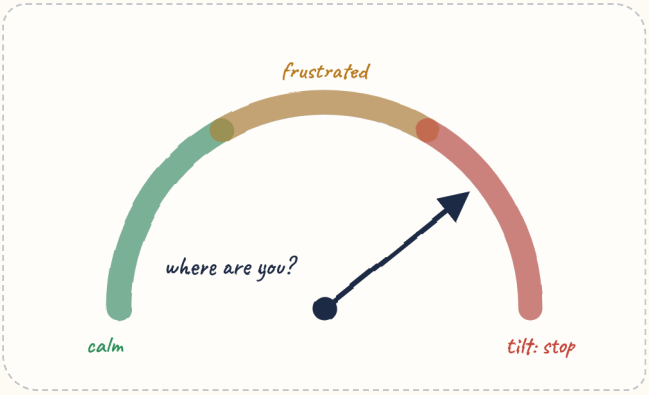
XAUUSD Global · study note

Trading psychology checklist

Most trading mistakes are decided before the trade: tired, angry, bored or chasing. A short checklist catches them while you can still stop.



Key points

- Tilt warning signs: bigger size after a loss, trading outside your session, moving stops, "I just need to get it back".
- Rule-following losses are a normal cost of trading. Rule-breaking losses are the fixable problem.

Before the session

- [ ] I slept, and I'm not trading to fix a bad mood.
- [ ] I know today's big releases and their times in my zone.
- [ ] My daily loss limit is written down: _____
- [ ] I know my one or two setups for today.

Before each trade

- [ ] This is my setup, not a feeling.
- [ ] The stop is where I'm wrong; the size comes from the stop.
- [ ] I'd take this trade if the last hour had been quiet (no revenge, no FOMO).
- [ ] The risk is inside my plan.

After a loss

- [ ] Step away for 15 minutes.
- [ ] Write one line in the journal: rule followed or rule broken?

Watch out

✗ Skipping the checklist on "obvious" trades.

✗ Raising the loss limit during the session.

Key line: **If you have to talk yourself into a trade, it isn't your trade.**