Are you revenge trading without realizing it?

A 10-sign test + your 3-step plan to stop it.

> **Revenge trading** —trading to "win back" a loss— is one of the fastest ways to blow up an account. The most dangerous part is that **it feels rational in the moment**. This test helps you catch it before it costs you dearly.

✓ The test — check the ones that happened to you

- ☐ After a loss, you opened another trade in **less than 5 minutes**.
- ☐ You increased the **position size** to "recover faster".
- ☐ You traded an asset or setup that **wasn't in your plan**.
- ☐ You felt **anger** or an urge to "prove" something to the market.
- ☐ You **moved or removed the stop loss** to avoid taking the loss.
- ☐ You traded **more often than usual** on a red day.
- ☐ You **skipped your checklist** or your entry criteria.
- ☐ You thought **"one more and I'm done"** several times in a row.
- ☐ The next day you **couldn't quite remember** why you entered.
- ☐ You **didn't log** (or hid) those trades.

0–2 · Disciplined
You're doing well. Keep the record so it stays that way.

3–5 · Danger zone
The pattern is showing up. Now is the time to cut it.

6+ · Revenge active
Your biggest capital leak isn't the market: it's you reacting.

How to stop it — in 3 steps

It's not willpower. It's process. This is what actually works.

1. **Log before you react.** After a loss, write down what you feel **BEFORE** touching the mouse. Naming the emotion (anger, fear, urgency) defuses it and hands control back to you. 30 seconds that save you the next bad trade.
2. **Recognize your pattern.** Keep a simple journal: **emotion + decision + result**. In two weeks, the pattern becomes impossible to deny. What you don't record, you repeat.
3. **Plan before you trade.** Define entry, stop and invalidation **in writing**, before entering. Golden rule: if you can't write it, you don't trade it. The stop defines the risk; the journal defines the discipline.

> The goal isn't to never lose. It's for **every decision to come from process, not impulse**. A loss with good process isn't a mistake; a win from impulse is an alarm.