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MONEYTRADEEDGE

MTE PERFORMANCE SERIES / 01

TRADING PSYCHOLOGY

FIELD GUIDE

Recognize the pattern. Interrupt the behavior. Execute the process.

INSIDE

- 5 execution patterns
- 4 cognitive traps
- 3 operating protocols
- 1 seven-day reset

OPEN YOUR MAP ->

This guide measures behavior, not profitability. Educational use only.

2026

CLICK WHAT SOUNDS LIKE YOU

What do you need right now?

Jump directly to the page that matches your current problem. Every section links back to this map.

01

I CHASE MOVES

I enter late because I cannot miss it.

OPEN ->

02

I NEED IT BACK

A loss controls my next decision.

OPEN ->

03

I TRADE TOO MUCH

Boredom turns into weak setups.

OPEN ->

04

I FREEZE

I skip valid setups or exit early.

OPEN ->

05

I CHANGE RULES

Stops, size or exits become flexible.

OPEN ->

06

MY REVIEW LIES

Recent outcomes distort my judgment.

OPEN ->

07

I NEED A ROUTINE

Give me a before/during/after system.

OPEN ->

08

I AM TRIGGERED

I need an emergency protocol now.

OPEN ->

09

I WANT TO START

Give me the seven-day plan.

OPEN ->

RULE OF THE GUIDE

A valid losing trade is better execution than an invalid winning trade.

THE CORE LOOP

Psychology becomes visible as behavior.

You cannot directly command an emotion to disappear. You can design the action that follows it.

01	>	02	>	03	>	04	>	05
TRIGGER		**STORY**		**URGE**		**BEHAVIOR**		**EVIDENCE**
Loss, missed move, boredom, open profit		I must get it back / I cannot miss this		Chase, size up, interfere, freeze		Rule followed or rule negotiated		What actually happened in the process

THE ONLY PART YOU NEED TO CONTROL

THE BEHAVIOR

The trigger can happen. The thought can appear. The emotion can rise. The protocol exists so the next action does not need to obey them.

QUESTION **What is the next observable action my plan requires?**

PROCESS VS OUTCOME

GOOD PROCESS + WIN	Useful
GOOD PROCESS + LOSS	Also useful
BAD PROCESS + WIN	Dangerous
BAD PROCESS + LOSS	Obvious feedback

PATTERN 01

FOMO / THE CHASER

Urgency overrides selectivity after price moves without you.

HOW IT SHOWS UP

- **Late entries**
  You enter beyond the planned location.
- **Premature confirmation**
  You act before every setup condition is present.
- **Social urgency**
  Other traders' wins change your decisions.

TYPICAL TRIGGERS

Fast move / Missed setup / Social feed / Recent loss

THE PROTOCOL

1. **Name it**
   Say: this is urgency, not information.
2. **Delay**
   Wait one candle or 90 seconds.
3. **Re-check**
   Run the full entry checklist again.
4. **Let it go**
   If price left the zone, record a disciplined non-entry.

JOURNAL PROMPT

If I had not seen the price move, would this still qualify as an A-setup?

TRACK Late entries avoided / Valid setups intentionally missed

DO NOT CONFUSE THE FIX

The fix is not faster execution. It is making a missed trade emotionally neutral.

PATTERN 02

REVENGE / THE RECOVERY TRADER

A loss changes your next objective from correct execution to getting money back.

HOW IT SHOWS UP

- **Immediate re-entry**
  The next trade arrives before the loss is processed.
- **Risk expansion**
  Size or aggression increases after losing.
- **Limit violation**
  You keep trading after the session should end.

TYPICAL TRIGGERS

Large loss / Stopped at the low/high / Two losses / Near breakeven

THE PROTOCOL

1. **Lock out**
   Leave the screen for ten minutes.
2. **Reset**
   Write: this trade owes me nothing.
3. **Restore size**
   Use normal risk or stop the session.
4. **Use the breaker**
   Two losses or the daily limit ends trading.

JOURNAL PROMPT

Would I take this exact trade if my previous trade had been a winner?

TRACK Trades inside lockout / Sessions stopped at the limit

DO NOT CONFUSE THE FIX

The fix is not winning back the loss. It is preventing one expected loss from becoming behavioral damage.

PATTERN 03

OVERTRADING / THE ACTIVITY SEEKER

Participation is mistaken for progress, productivity or control.

HOW IT SHOWS UP

- **Boredom trades**
  You enter because nothing is happening.
- **Setup dilution**
  B-setups become acceptable during the session.
- **Window drift**
  Trading expands beyond the planned hours.

TYPICAL TRIGGERS

Slow market / Early loss / Early profit / Need for stimulation

THE PROTOCOL

1. **Set a budget**
   Choose the maximum number of trades.
2. **Constrain time**
   Use one fixed trading window.
3. **Grade setups**
   Allow only pre-defined A-setups.
4. **Reward zero**
   A clean no-trade day can score 100.

JOURNAL PROMPT

Was there a setup, or was there simply a desire to participate?

TRACK Trades outside budget / A-setups as % of total trades

DO NOT CONFUSE THE FIX

The fix is not more screen time. More observation often creates more reasons to violate the plan.

PATTERN 04

HESITATION / THE DOUBTER

Fear of being wrong blocks valid execution or closes valid trades too early.

HOW IT SHOWS UP

- **Skipped A-setups**
  Every condition is present, but you cannot act.
- **Late confirmation**
  You demand certainty the strategy never promised.
- **Early exits**
  Open profit feels too fragile to hold.

TYPICAL TRIGGERS

Recent losses / Larger size / Public call / Open profit

THE PROTOCOL

1. **Make it binary**
   Turn the setup into observable yes/no rules.
2. **Pre-commit**
   Fix entry, risk and invalidation beforehand.
3. **Execute small**
   Reduce size if needed, not rule quality.
4. **Grade correctly**
   Reward a valid loss over an invalid escape.

JOURNAL PROMPT

Were my conditions missing, or was I trying to avoid the feeling of being wrong?

TRACK Valid setups skipped / Valid trades exited outside plan

DO NOT CONFUSE THE FIX

The fix is not feeling confident. Confidence means acting correctly without certainty.

PATTERN 05

RULE NEGOTIATION

The plan is clear before the trade, then becomes flexible once money is at risk.

HOW IT SHOWS UP

- **Moving stops**
  Invalidation expands to avoid realizing a loss.
- **Size inconsistency**
  Risk changes with confidence or frustration.
- **Improvised exits**
  Fear or greed replaces the management plan.

TYPICAL TRIGGERS

Open loss / Open profit / High conviction / Near target

THE PROTOCOL

1. **Pre-place**
   Set stop and size before entry.
2. **Define exceptions**
   Write valid management conditions in advance.
3. **Capture**
   Screenshot the plan and final trade.
4. **Attach consequence**
   One violation ends the session.

JOURNAL PROMPT

What new information appeared - and was it defined as actionable before entry?

TRACK In-trade changes without a pre-defined reason

DO NOT CONFUSE THE FIX

The fix is not stronger willpower. Remove decisions from the moment in which you are least objective.

REVIEW ERRORS

Four biases can make bad behavior look intelligent.

The mind edits the story after the result is known. A useful journal preserves what was knowable at decision time.

01

OUTCOME BIAS

A winning rule-break feels correct.

COUNTER **Grade the decision using only information available at entry.**

02

RECENCY BIAS

Three losses make a tested edge feel broken.

COUNTER **Use the strategy's sample size, not the last three outcomes.**

03

CONFIRMATION

You search for evidence supporting an open position.

COUNTER **Write invalidation before entry and actively test it.**

04

SUNK COST

Time, analysis or open loss makes exiting harder.

COUNTER **Ask what you would do if you had no position right now.**

REVIEW RULE **Hide P&L until you have graded process adherence.**

THE OPERATING SYSTEM

A short routine beats a long motivational speech.

Use the same sequence every session until correct behavior requires less negotiation.

01

BEFORE

01 **Define**
Setup, invalidation and management.

02 **Limit**
Maximum trades and daily loss.

03 **Anticipate**
The trigger most likely today.

04 **Commit**
What action follows that trigger.

02

DURING

01 **Pause**
Name the emotion before acting.

02 **Check**
Is every setup condition present?

03 **Execute**
Only the next observable rule.

04 **Stop**
Use the circuit breaker immediately.

03

AFTER

01 **Hide P&L**
Grade behavior first.

02 **Capture**
Plan, entry and final trade.

03 **Count**
Rule violations and avoided impulses.

04 **Adjust**
Change one behavior at a time.

DAILY SCORE / 100

PLAN	RISK	TRADE LIMIT	TRIGGER PROTOCOL
30	30	20	20

WHEN EMOTION SPIKES

Do less before you do damage.

These protocols are intentionally simple. Their purpose is to interrupt behavior, not to make the emotion disappear.

FOMO

90-SECOND DELAY

Step away from the order ticket. Re-run the complete setup checklist. If price has left the planned zone, the trade is over.

LOSS

10-MINUTE LOCKOUT

Leave the screen. No replay, no new setup, no position-size decision. Return only at normal risk.

TWO LOSSES

CIRCUIT BREAKER

End the session or switch to observation-only mode. The objective is to protect decision quality.

RULE BREAK

SESSION ENDS

Record the violation immediately. Do not allow a profitable outcome to cancel the consequence.

WEEKLY REVIEW

01	02	03	04
Which trigger appeared most?	**Which rule was negotiated?**	**Which protocol worked?**	**What one behavior changes next week?**

START SMALL

Seven days to collect execution evidence.

Do not try to eliminate every weakness at once. Run one focused experiment and measure the behavior.

01 BASELINE
Review 20 trades. Mark every rule violation.

02 LIMITS
Fix risk, trade budget and trading window.

03 TRIGGERS
Record the moment the strongest urge appears.

04 PROTOCOL
Use the interruption protocol every time.

05 NON-ENTRIES
Count disciplined trades you did not take.

06 A-SETUPS
Trade only fully qualified setups.

07 REVIEW
Compare process scores, not profits.

THE FINAL QUESTION

Did I execute the process I committed to before money and emotion entered the decision?

MTE TRADING DISCIPLINE SCORE

Use the free assessment shared with this guide to identify your dominant pattern and receive a personalized reset.

MEASURE > EXECUTE > REVIEW