



Understanding Your Trading Mind:

Identifying the Psychological Patterns Behind Your Decisions

PRESENTED BY:

Mike B.

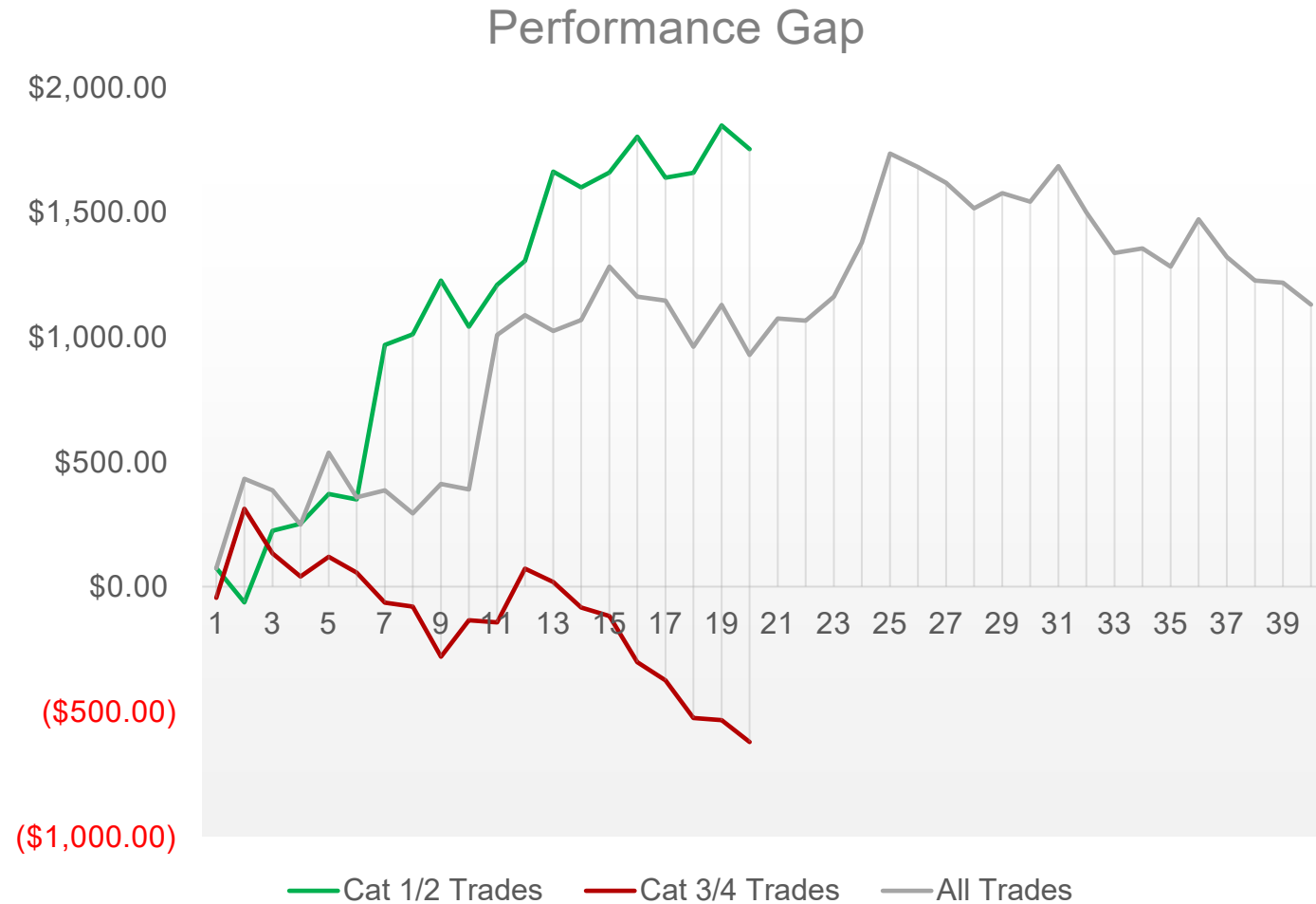
Overview

- The Problem
- Psychological Patterns
- Awareness Framework
- Tracking System
- Monthly Exercise



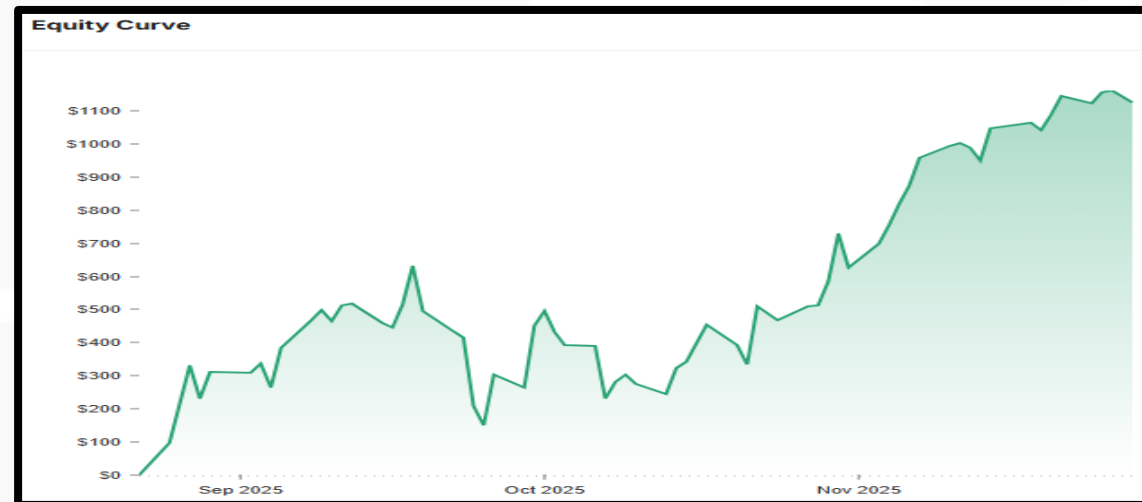
The Problem

- The Performance Gap
- Know Your Strategy
- Inconsistent Execution
- Results Vary Daily
- Frustration Increases

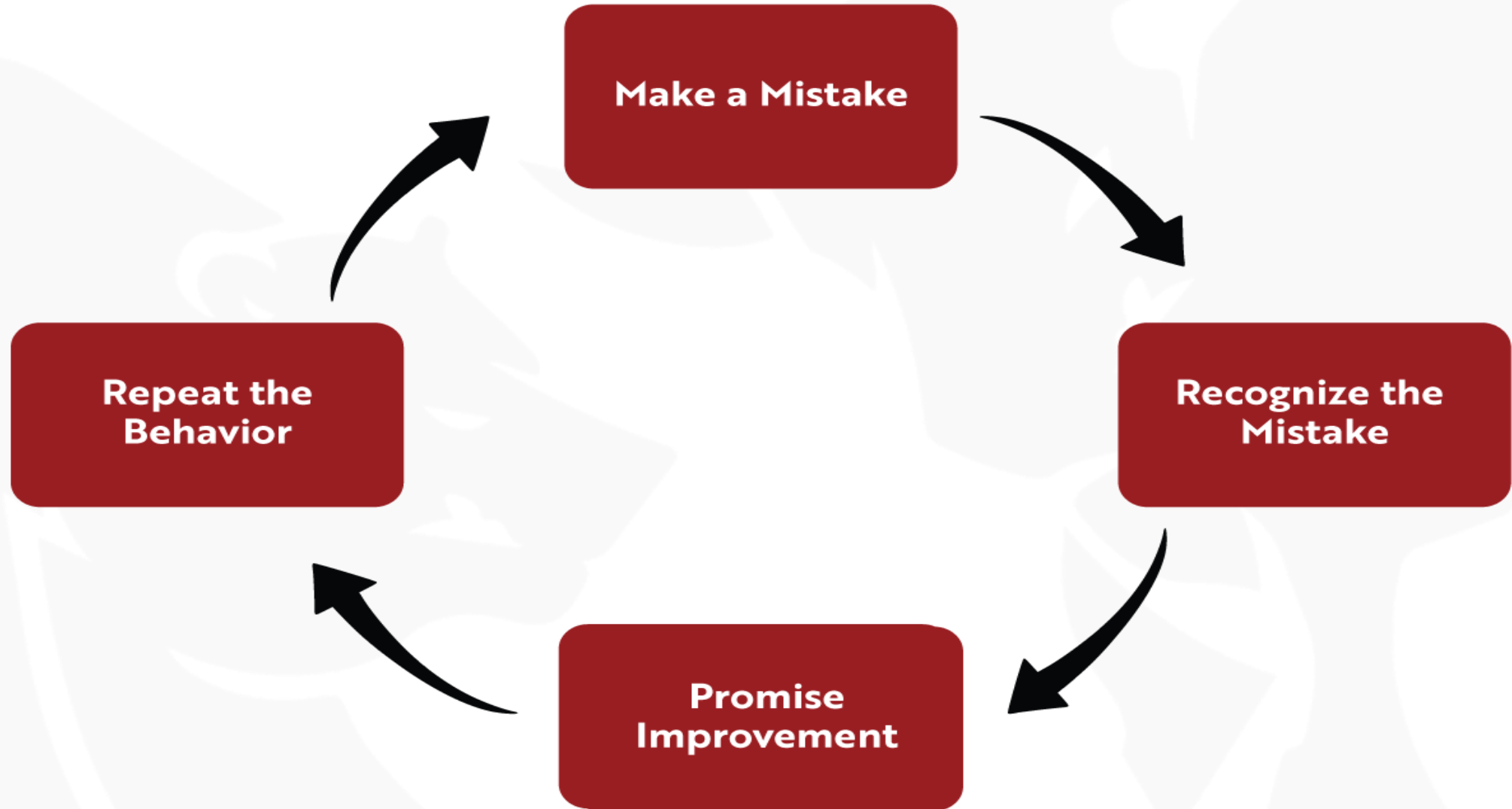


The Problem

- Not a Strategy Issue:
 - Rules already defined
 - Edge already exists
 - Execution breaks down
 - Behavior overrides plan



The Problem



Psychological Patterns

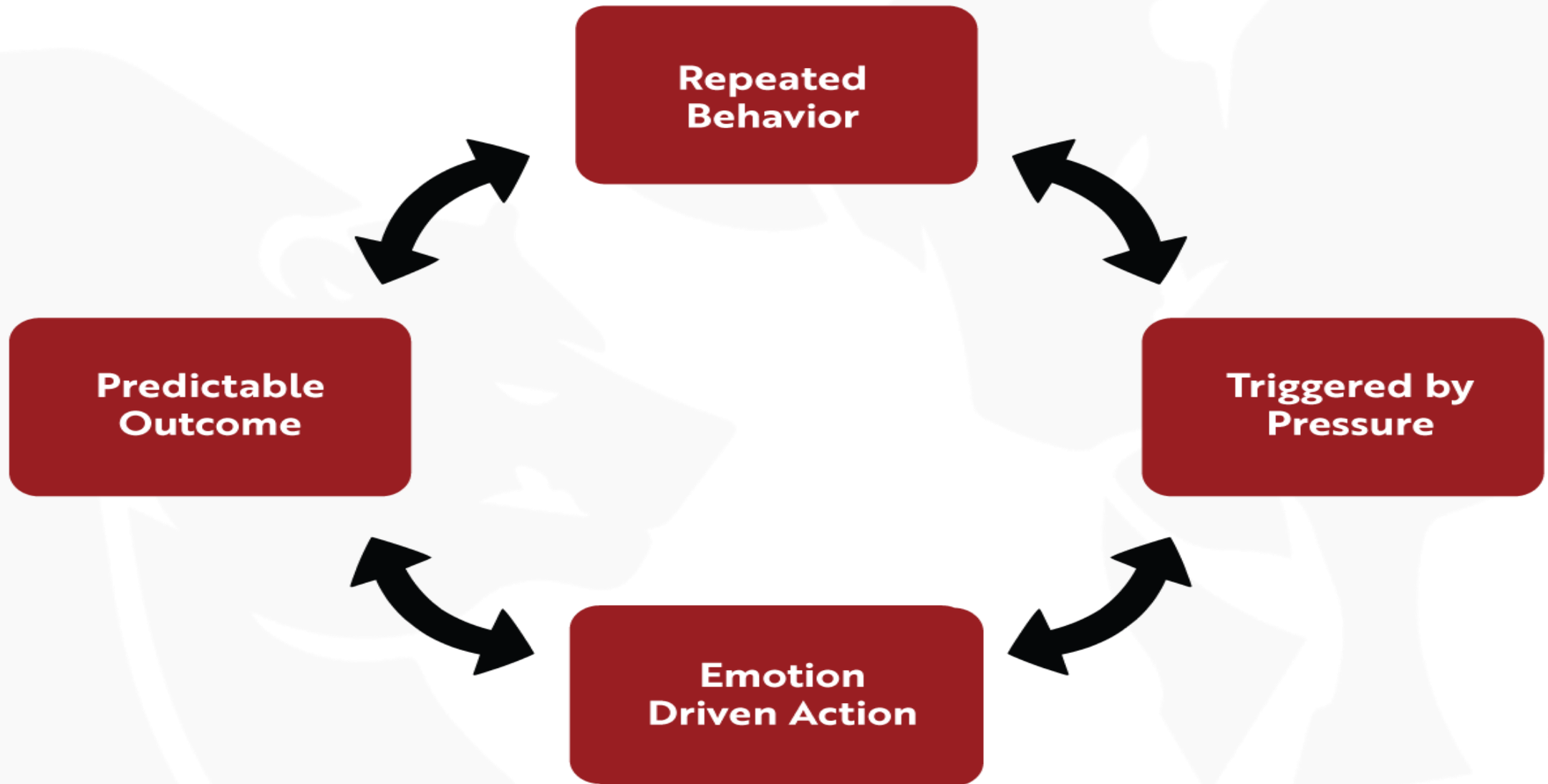


Trading Patterns

- Where It Breaks:
 - Not execution point
 - Interpretation is flawed
 - Bias shapes decisions
 - Assumptions drive action

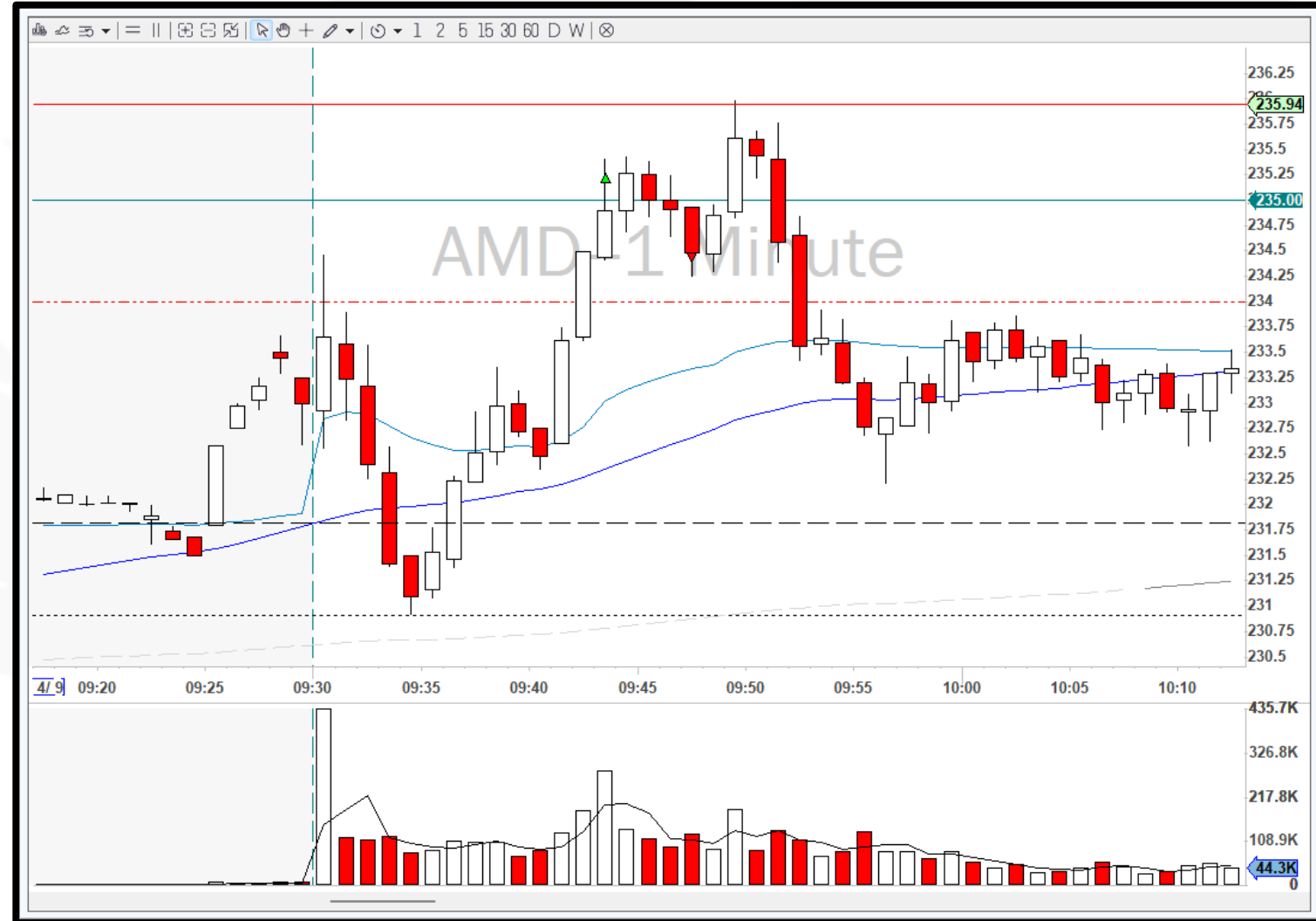


Trading Patterns



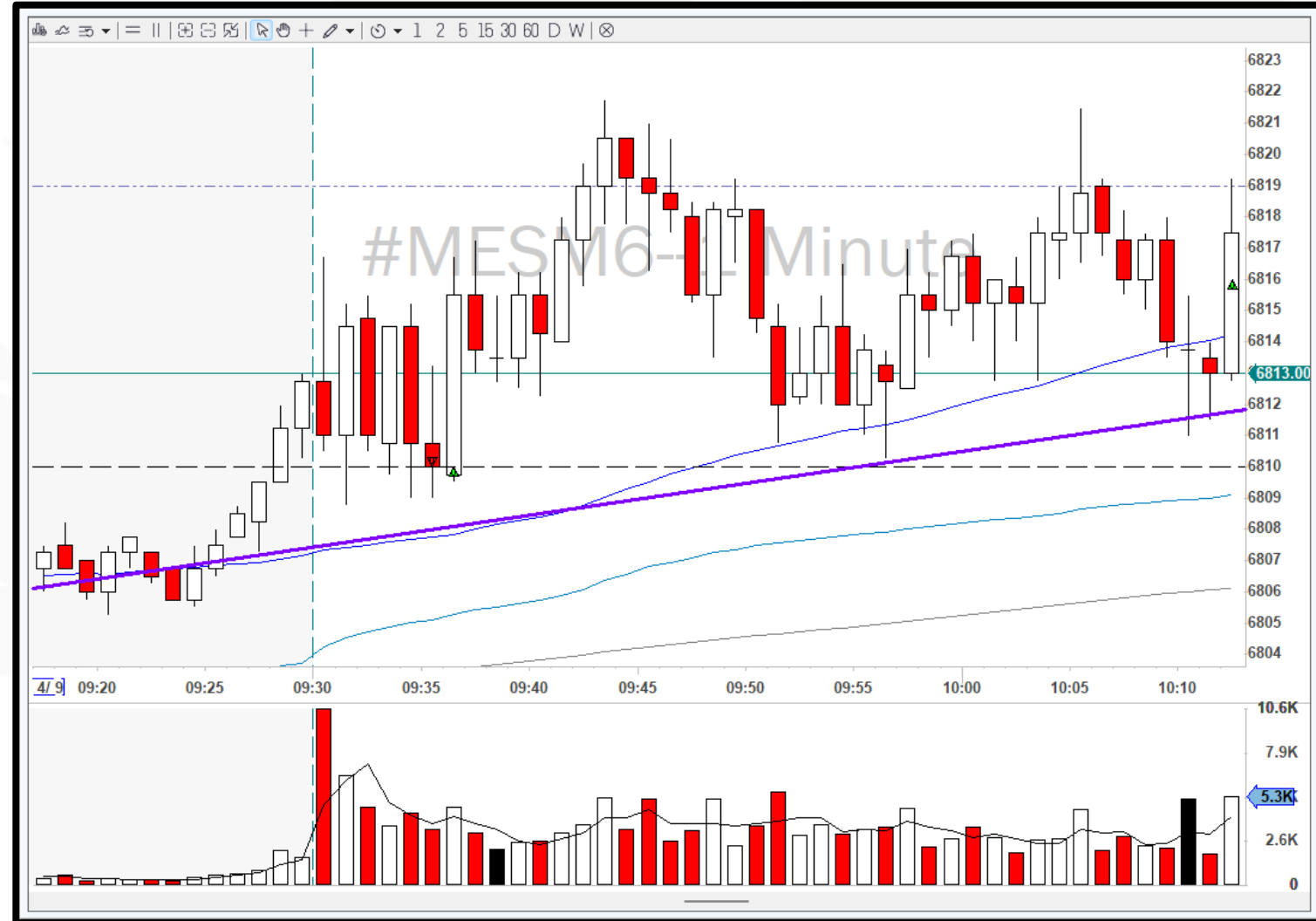
Trading Patterns

- Common Patterns
 - Chasing Breakouts
 - Cutting Winners Early
 - Adding to Losers
 - Revenge Trading



Trading Patterns

- Pattern Example: FOMO
 - Fast price movement
 - Fear missing move
 - Early entry decision
 - Poor trade location
 - Image: Parabolic move chart



Trading Patterns

- Pattern example: Early Exit
 - Small unrealized profit
 - Fear losing gains
 - Exit too soon
 - Miss full move



Trading Patterns

- Pattern Example: Revenge Trading

- Loss triggers frustration
- Need quick recovery
- Lower trade quality
- Larger position size



Awareness Framework



**Behavior is
Consistent**

**Patterns
Repeat
Daily**

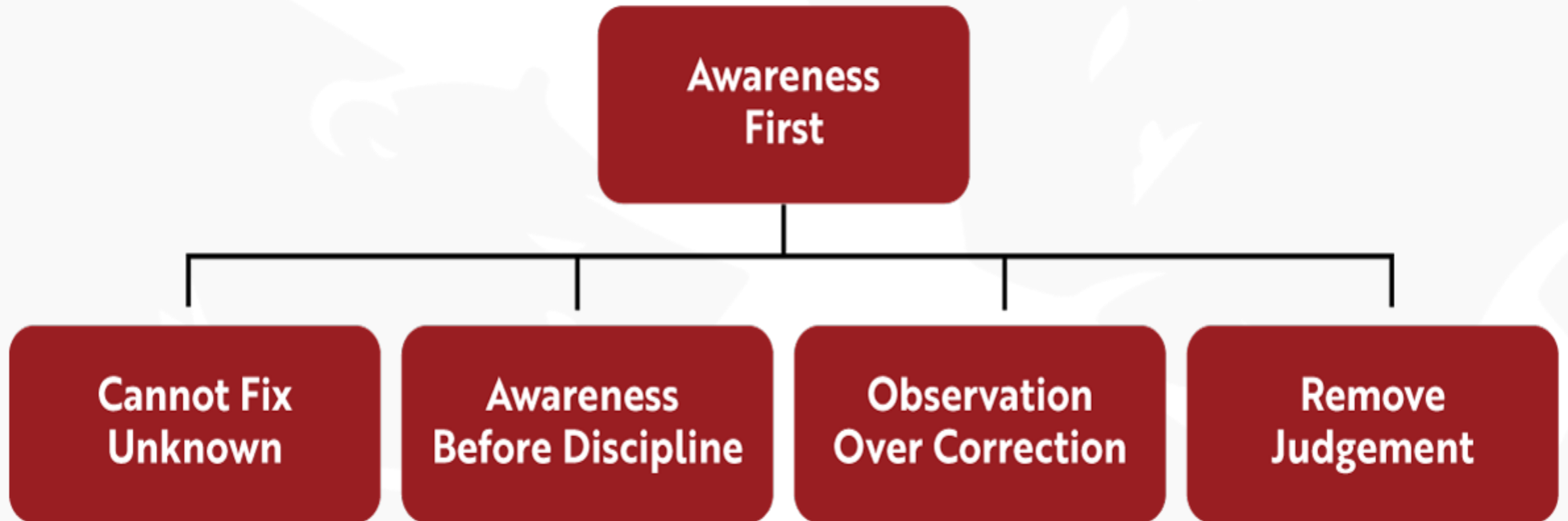


**Triggers are
Identifiable**



**Awareness
Creates
Control**

Awareness Framework

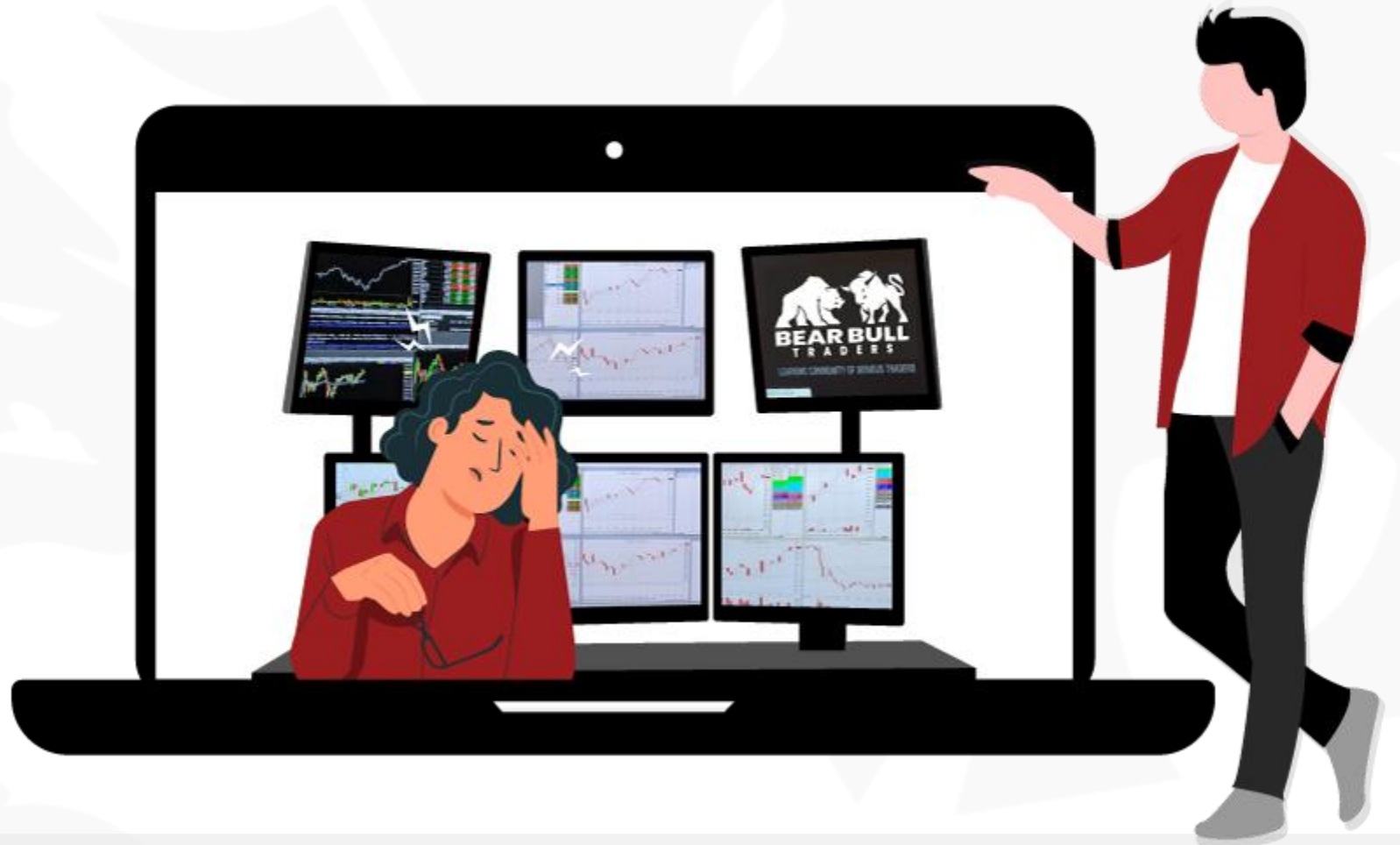


Awareness Framework



Awareness Framework

- Why It Happens
 - Brain seeks certainty
 - Avoids emotional discomfort
 - Prioritizes speed
 - Protects perceived loss



Tracking System

- Monthly Goal
 - Identify ONE problem
 - Not fix behavior
 - Build awareness
 - Track consistently



Monthly Exercise

- Excel Template attached to Recording

Date	Ticker	Strategy	Thought Before Entry	Emotion	Followed Plan (Y)	Mistake Category
9-Apr	MESM6	30-Min ORB	Here comes the Breakout	Fear	N	Early exit

Mistake Counts		Emotion Counts	
Early entry	0	Urgency	0
Late entry	0	Fear	1
Early exit	1	Greed	0
Over-sizing	0	Frustration	0
Revenge trade	0	Confidence	0

Monthly Exercise

Week 1 - Track

- Build tracking habit
- No judgment allowed
- Capture real thoughts
- Stay consistent daily

Week 2 - Notice

- Notice repeating thoughts
- Notice repeating emotions
- Identify common mistakes
- Do not adjust behavior

Week 3 - Count

- Count mistake frequency
- Rank top mistakes
- Identify main trigger
- Observe timing patterns

Week 4 - Identify

- Identify top mistake
- Identify main trigger
- Define repeating thought
- Understand emotional driver

Monthly Exercise

- Outcome
 - One core mistake
 - Clear trigger
 - Defined thought
 - Known emotion
- What You Do Next
 - Bring Pattern to Session 2
 - Do not fix yet
 - Focus on consistency
 - Trust the process



What we are doing here is turning your trading from something emotional and unclear into something structured and measurable. Once we identify the pattern, fixing it becomes a process, not a guess

DISCLAIMER

BearBullTraders.com employees, contractors, shareholders and affiliates, are **NOT an investment advisory service, a registered investment advisor or a broker-dealer** and does not undertake to advise clients on which securities they should buy or sell for themselves.

You understand that **NO content published as part of the Bear Bull Trading Room and its Website constitutes a recommendation** that any particular investment, security, portfolio of securities, transaction or investment strategy is suitable for any specific person.

You further understand that **none of the creators or providers of our Services or their affiliates will advise you personally** concerning the nature, potential, value or suitability of any particular investment, security, portfolio of securities, transaction, investment strategy or other matter.