



Understanding Your Trading Mind:

Identifying the Psychological Patterns Behind Your Decisions

PRESENTED BY:

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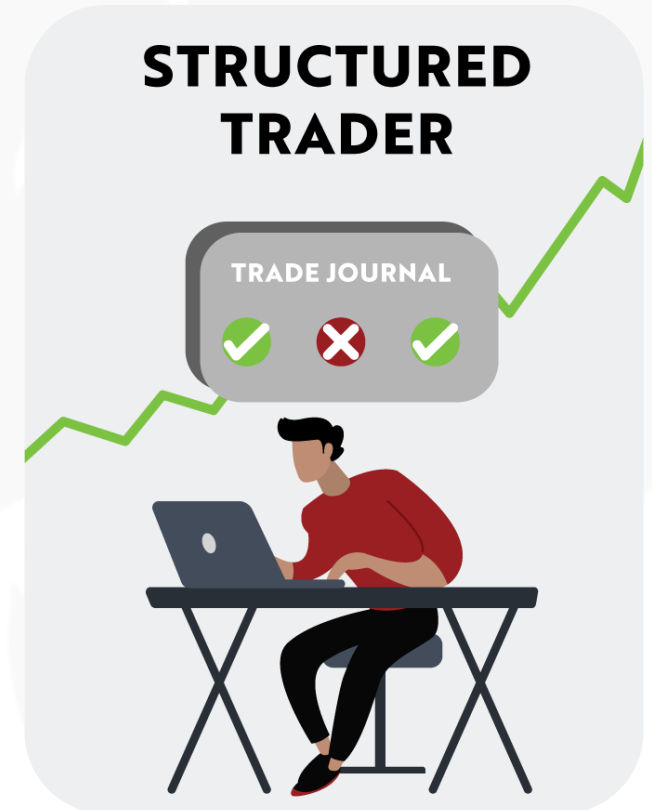
Overview

- From Awareness to Control
- Understanding Emotional Escalation
- Interrupting the Pattern
- Building Control Systems
- Monthly Exercise



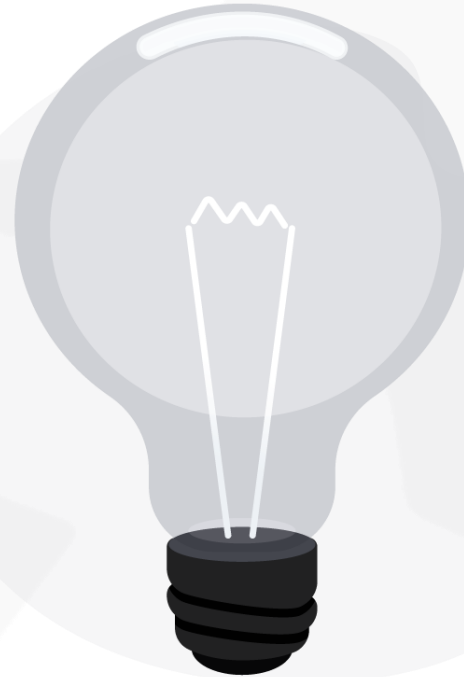
From Awareness to Control

- Patterns became visible
- Triggers were identified
- Emotions became measurable
- Mistakes became predictable
- Awareness created structure



From Awareness to Control

- Awareness Alone Fails
- Awareness sees problem
- Emotion moves faster
- Pressure changes decisions
- Logic weakens quickly
- Systems create control



MIND



EXECUTION

From Awareness to Control

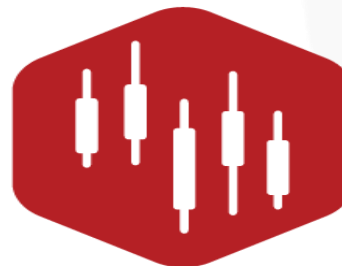
- Interrupt emotional reactions
- Slow decision-making process
- Restore structured thinking
- Build behavioral control
- Reduce impulsive execution



EMOTION



PAUSE



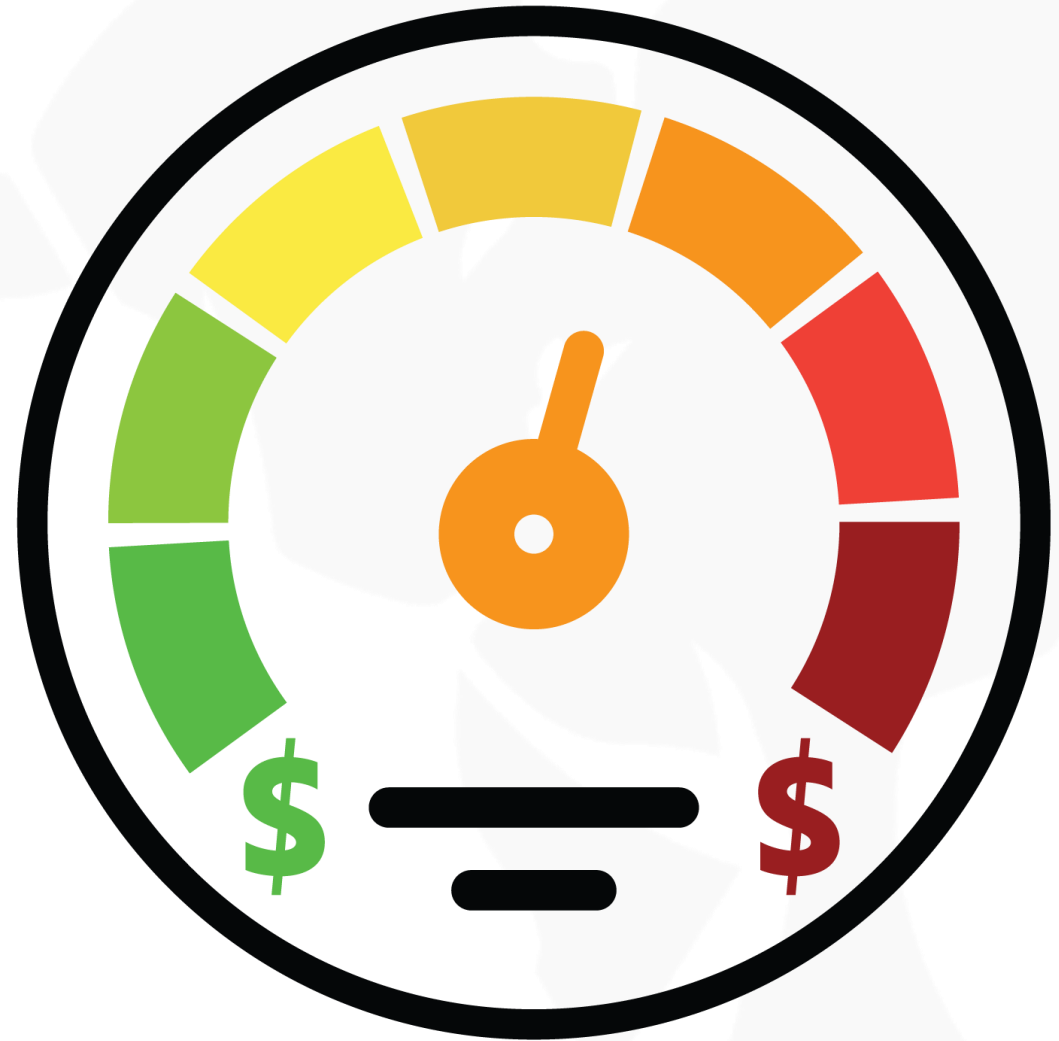
PROCESS



EXECUTION

Understanding Emotional Escalation

- Emotional Pressure Builds
- Pressure starts small
- Frustration accumulates quietly
- Focus becomes narrower
- Objectivity slowly weakens
- Emotional intensity increases



Understanding Emotional Escalation

- Emotional Escalation Cycle
 - Winning increases confidence
 - Confidence increases aggression
 - Losses create frustration
 - Frustration creates urgency
 - Urgency destroys discipline
 - Cycle repeats continuously

Understanding Emotional Escalation

- Emotional Warning Signs
 - Entering trades faster
 - Ignoring confirmations completely
 - Changing plans mid-trade
 - Increasing position size
 - Over-focusing on P&L



Interrupting the Pattern

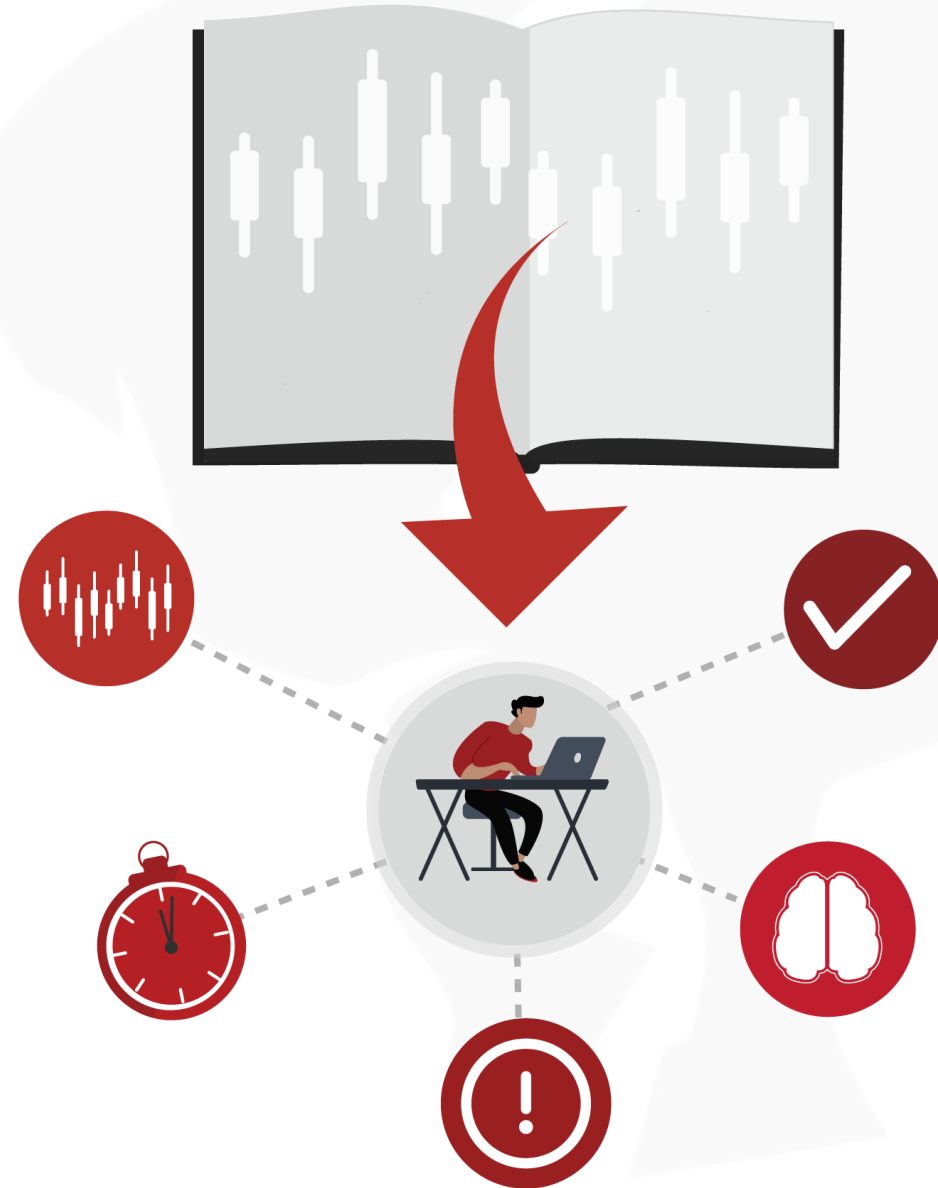
- **The Pause Technique**

- Step away briefly
- Breathe deliberately
- Recheck trade criteria
- Evaluate emotional state
- Reconfirm market structure
- Resume only if calm



Interrupting the Pattern

- Predefined Behavioral Rules
 - Reduce emotional discretion
 - Create automatic structure
 - Slow emotional decisions
 - Protect against escalation
 - Improve execution consistency



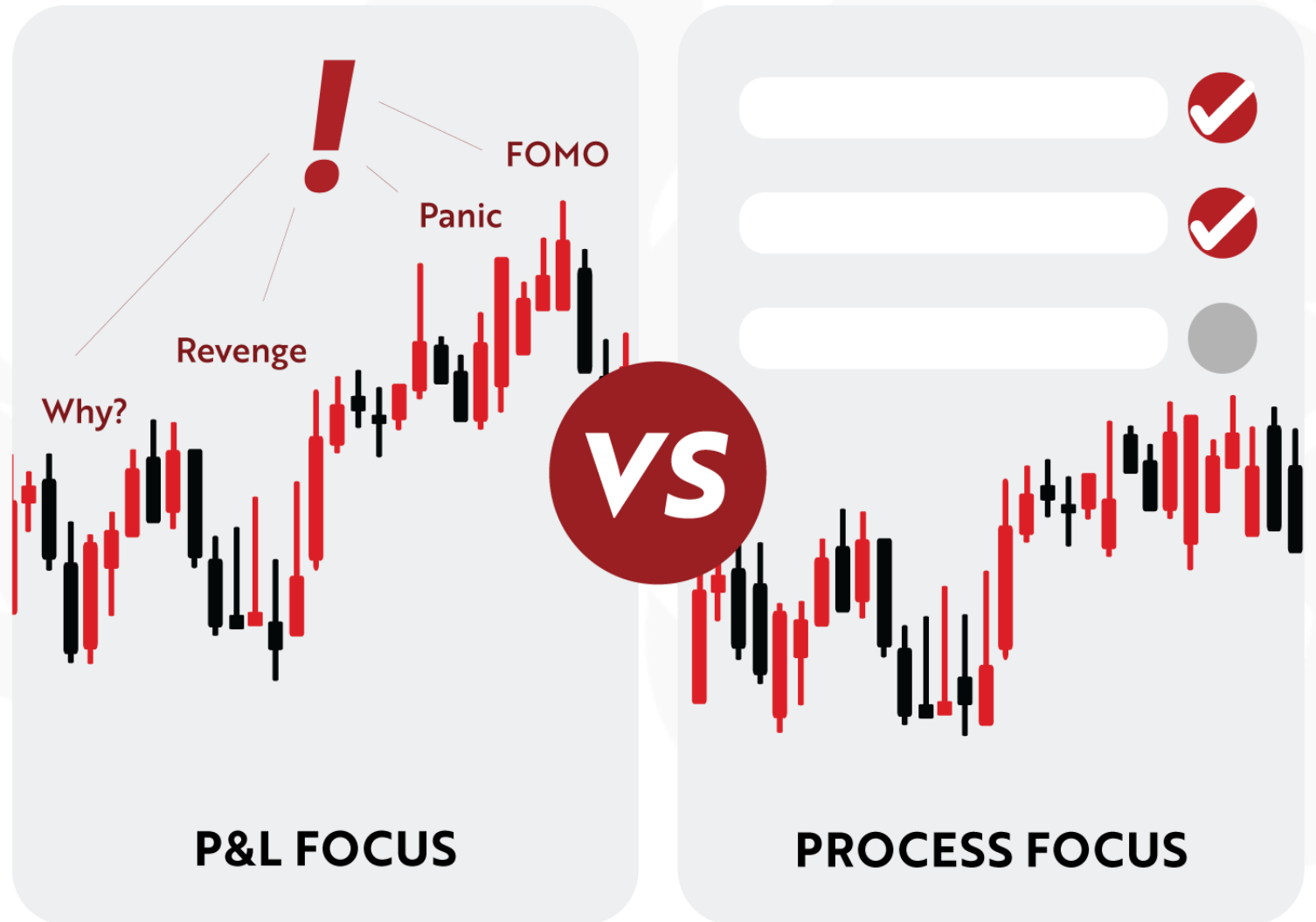
Interrupting the Pattern

- Emotional Interruption
 - Pause emotional momentum
 - Create behavioral separation
 - Re-engage logical thinking
 - Restore objective analysis
 - Slow impulsive reactions



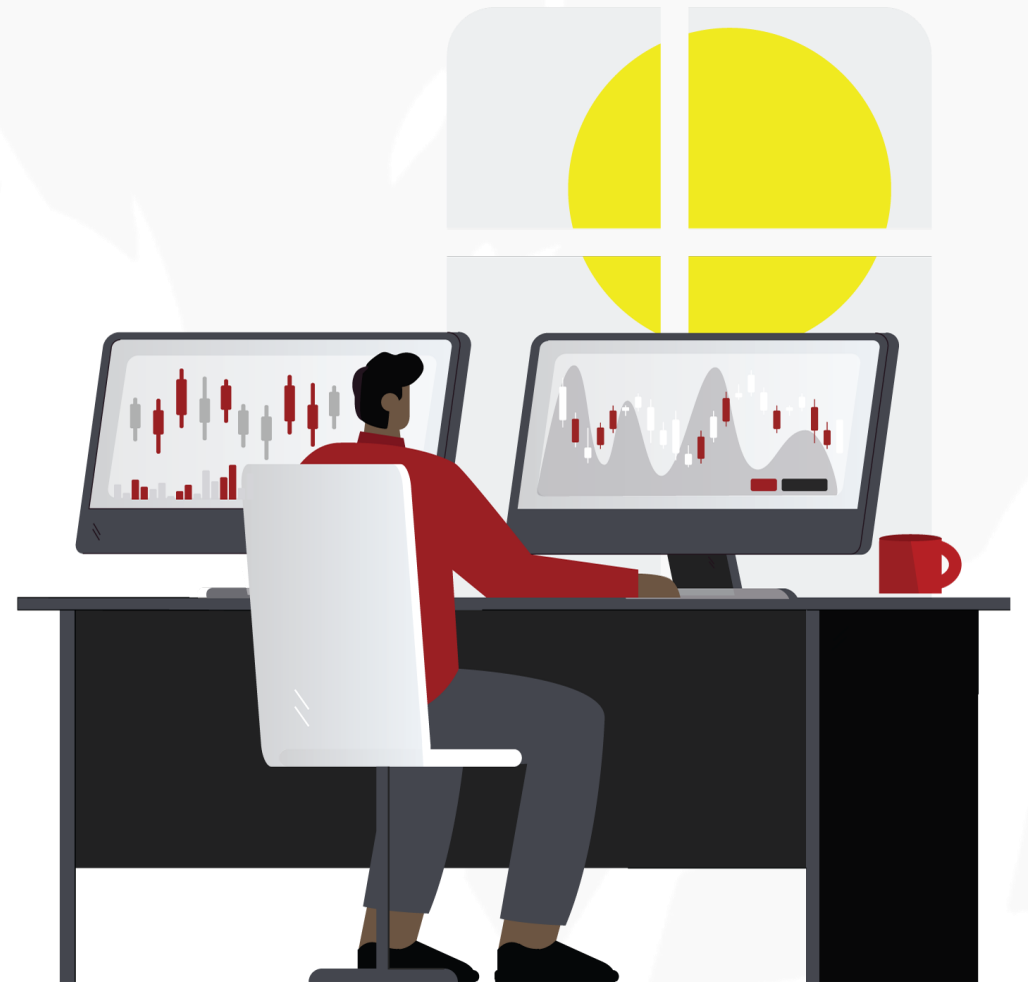
Building Control Systems

- Process Over Outcome
 - Outcomes naturally fluctuate
 - Process remains controllable
 - P&L creates emotion
 - Execution builds consistency
 - Discipline follows structure



Building Control Systems

- Building Stable Routines
 - Routines reduce variability
 - Preparation lowers stress
 - Structure builds confidence
 - Repetition strengthens discipline
 - Stability improves execution
 - Consistency reduces emotion



Building Control Systems

- Progress Is Gradual
 - Psychological patterns weaken slowly
 - Small improvements matter
 - Consistency compounds daily
 - Emotional control improves
 - Progress requires repetition



Monthly Exercise

- Focus on ONE psychological pattern/trigger
- Apply interruption rule daily
- Track emotional escalation
- Measure behavioral improvement
 - **Session 1** helped you identify your pattern.
 - **Session 2** focuses on interrupting that pattern.
 - **Session 3** will focus on building disciplined execution and long-term consistency through structured behavior.



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