Dealing with Losses and Drawdowns:

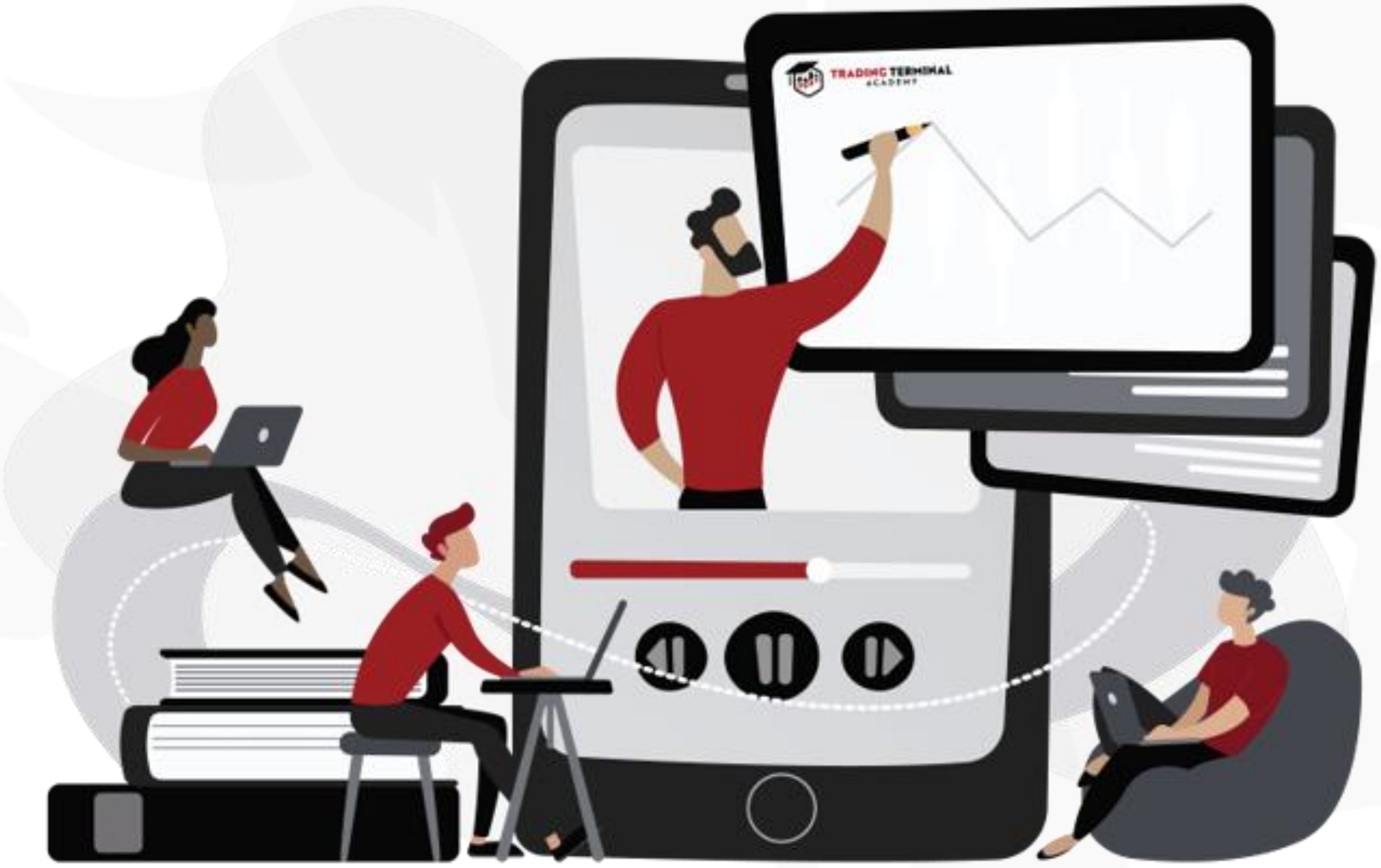
Building Resilience Through Adversity

PRESENTED BY:

Mike B.

Overview

- Foundations to Surviving Losing Streaks
- Psychology of Losing Streaks
- Market Behavior
- Recovery Framework
- Applying the Framework

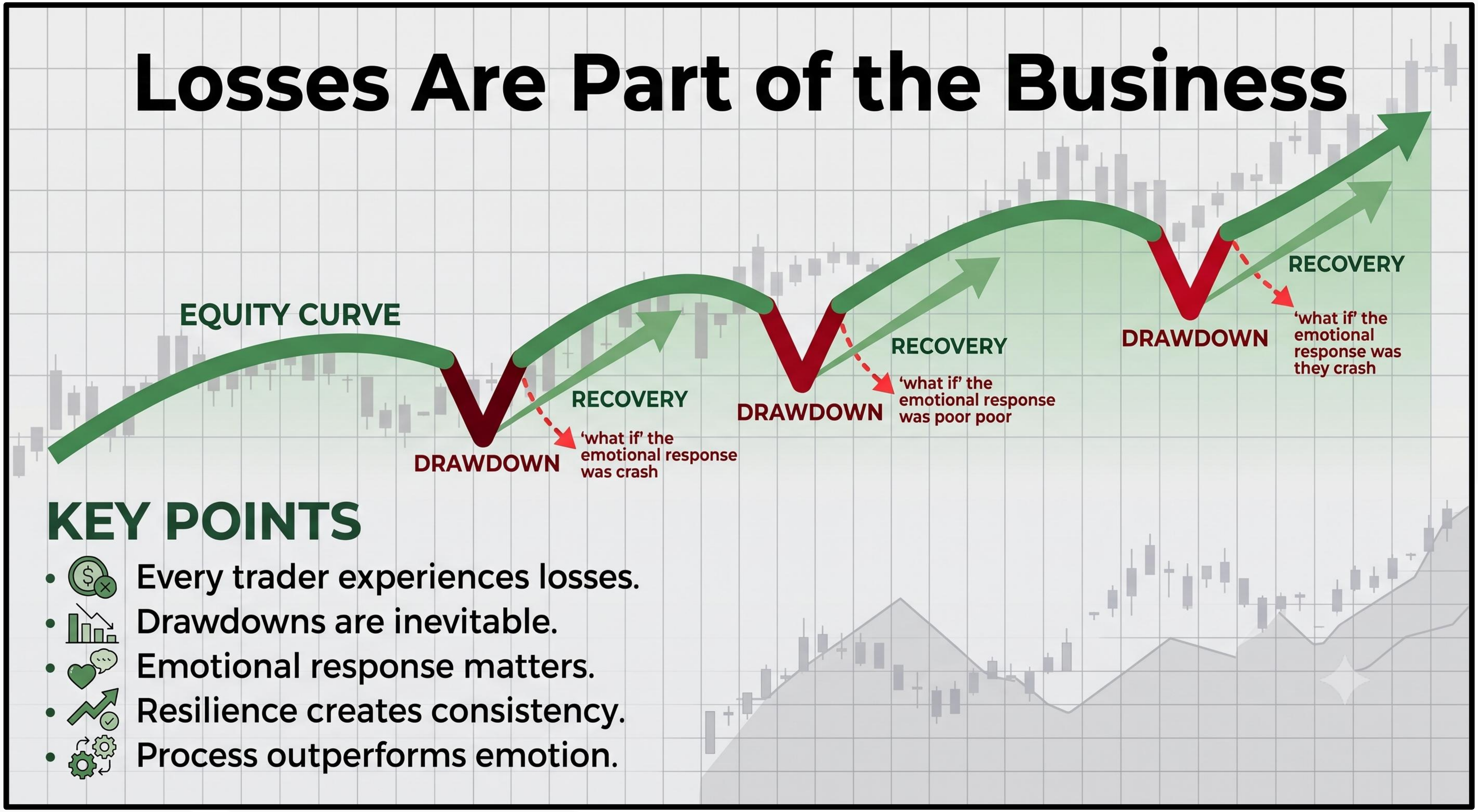


Foundation to Surviving Losing Streaks

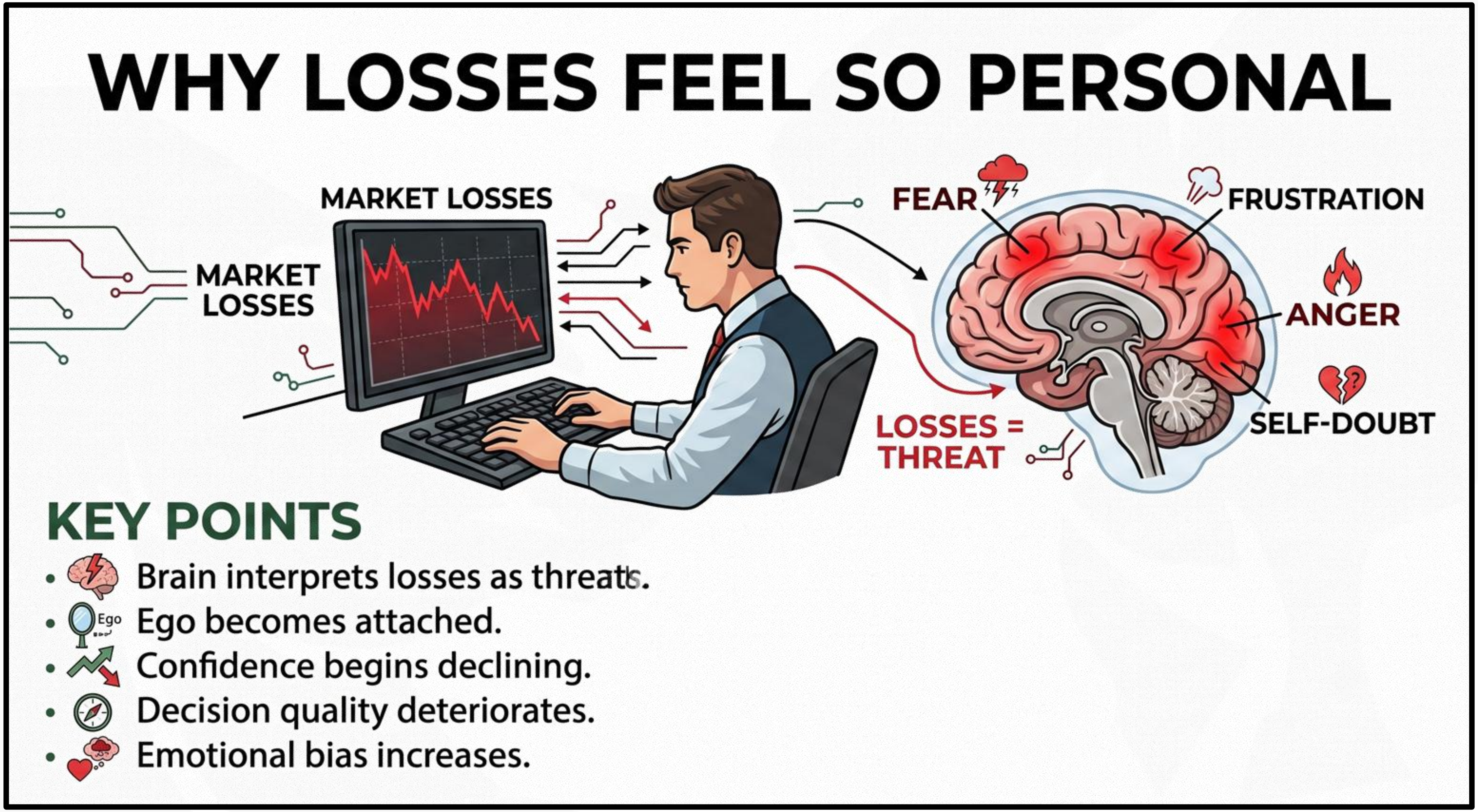
- Goal is to Execute 20 Cat 1/2 Trades
  - Take a Trade
  - Evaluate the Trade
  - Assign a Category

- Results from Last Session:
  - Winning %
  - Average Winner
  - Average Losser
  - Average Trades per Day
  - Discipline Percentage
  - Most Common Violation
  - Most Improved Area
  - My confidence increased because I consistently followed my process by…

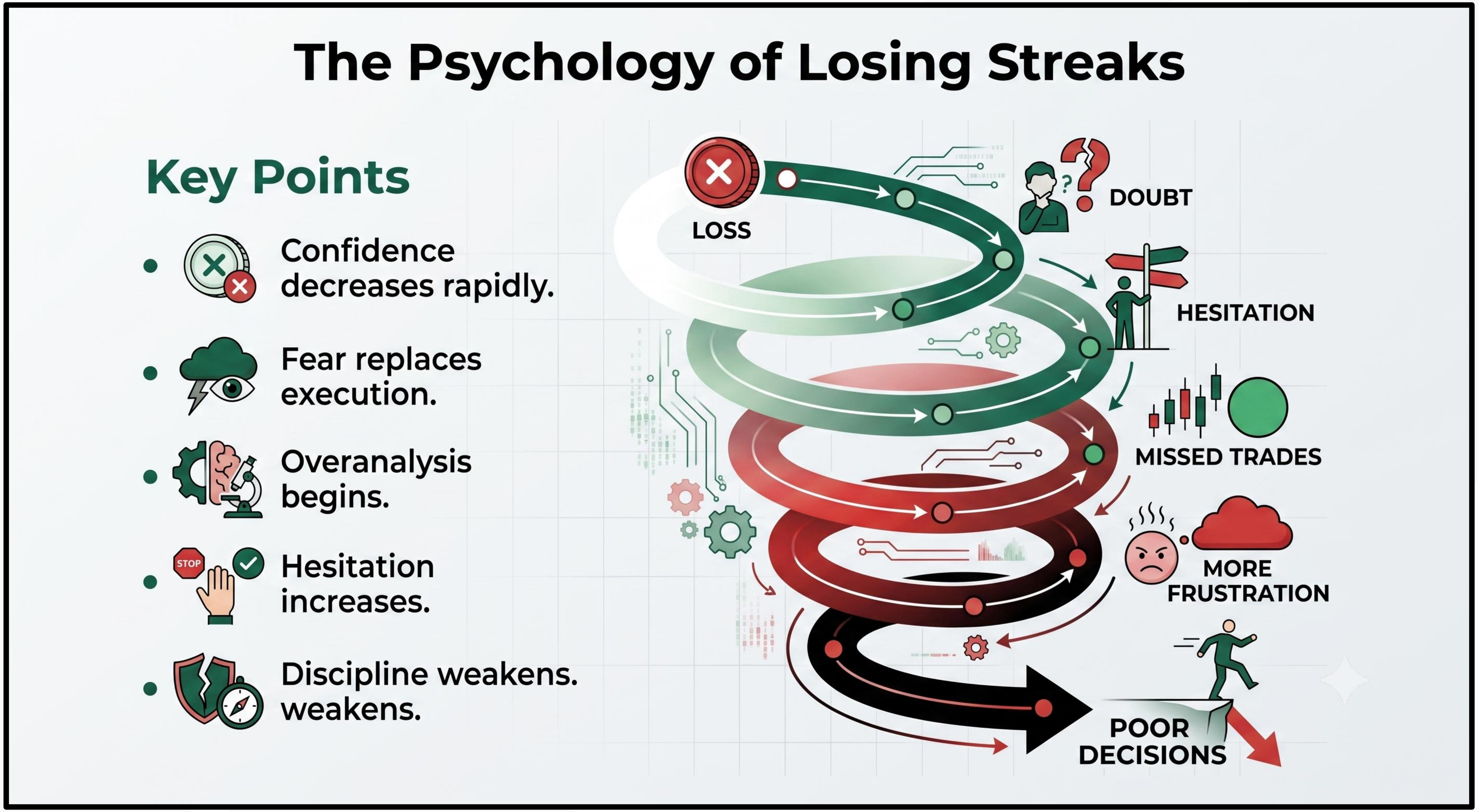
Psychology of Losing Streaks



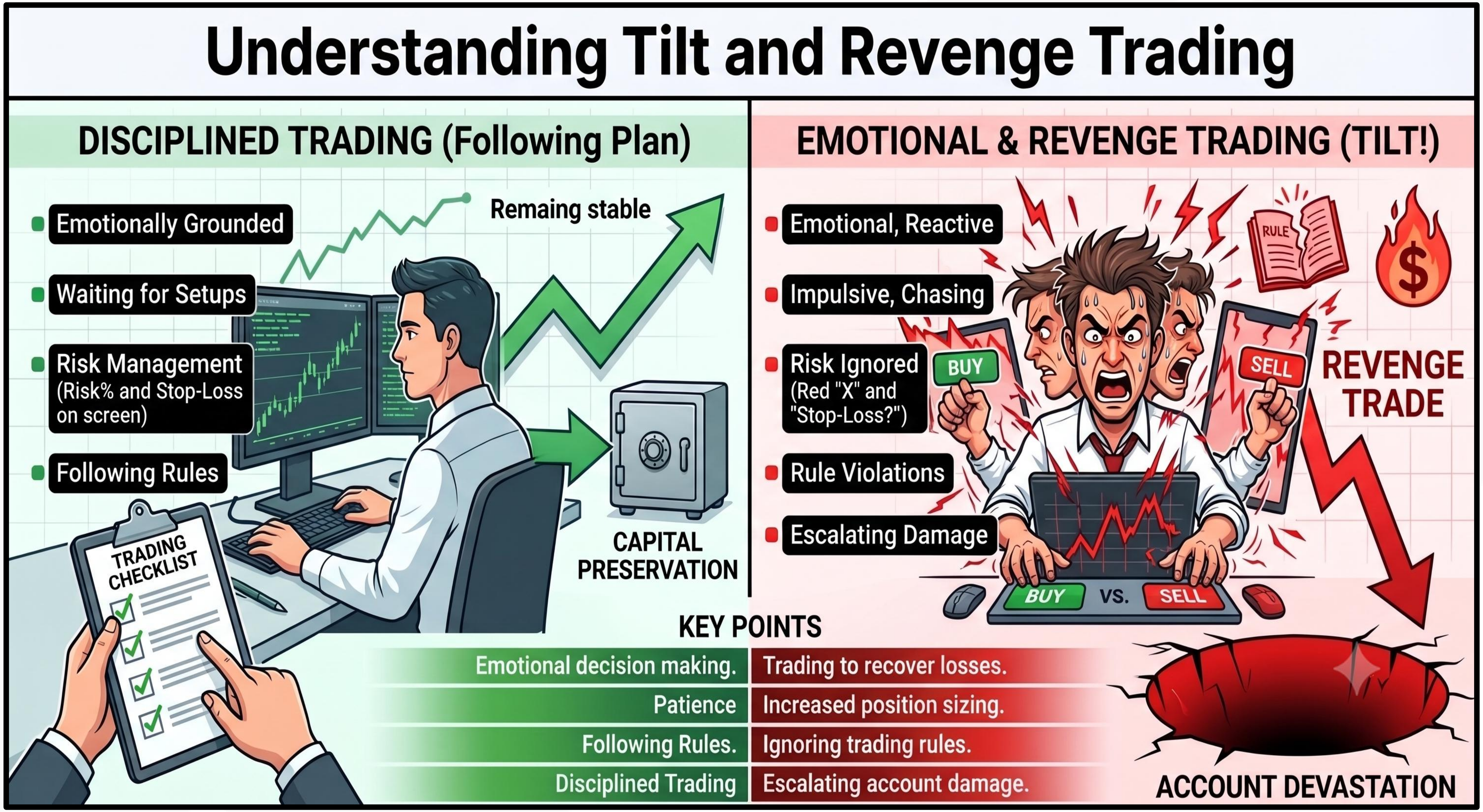
Psychology of Losing Streaks



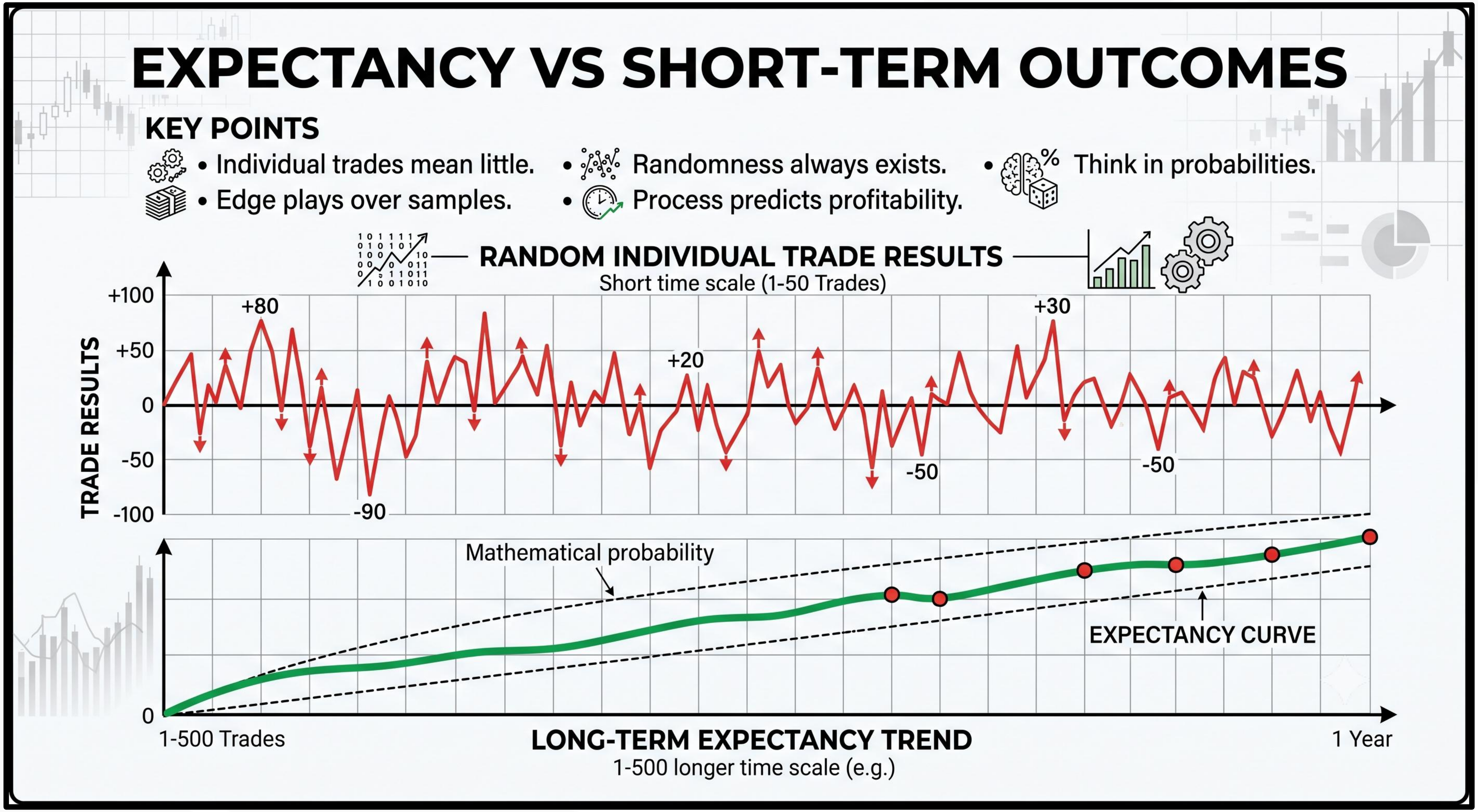
Psychology of Losing Streaks



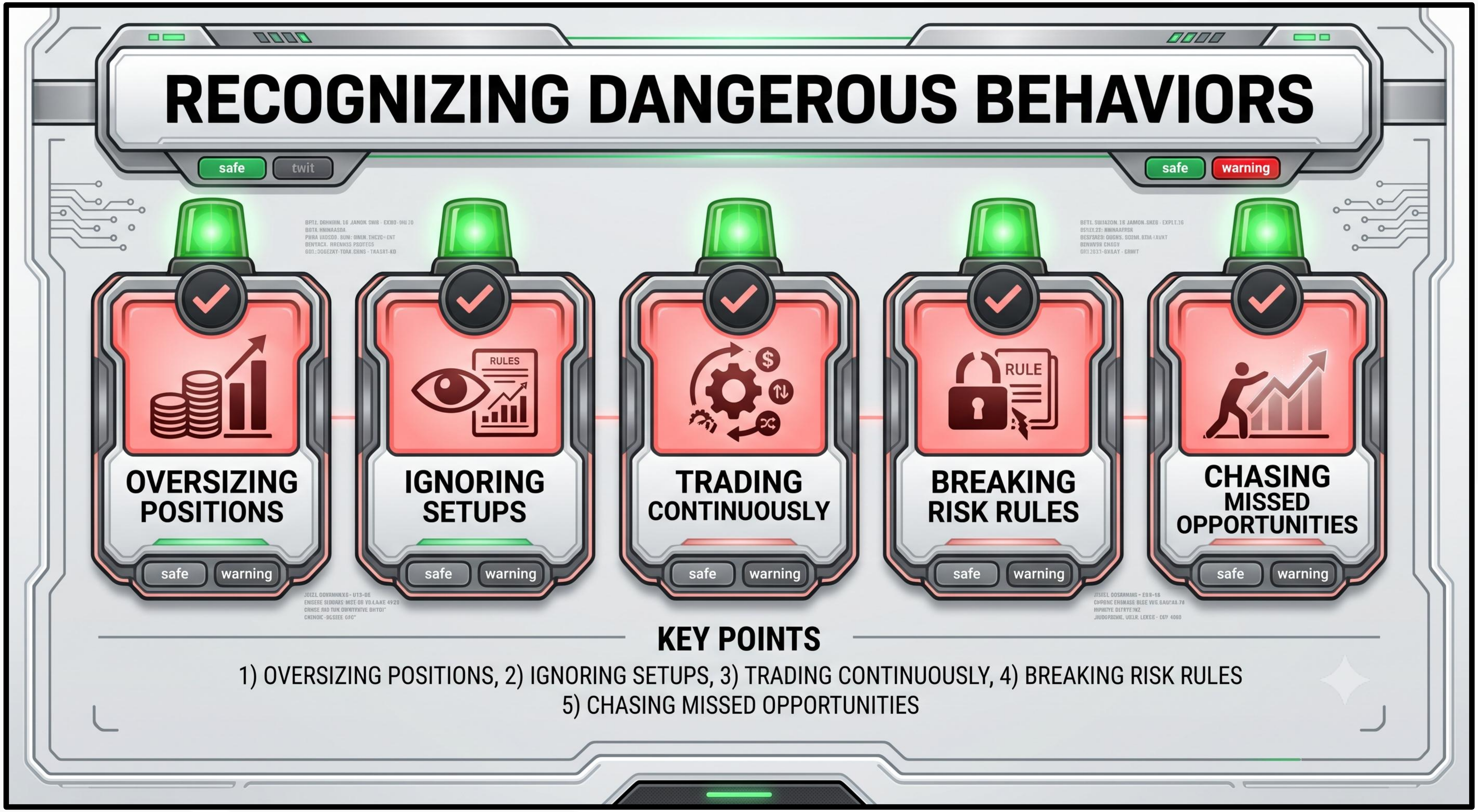
Market Behavior



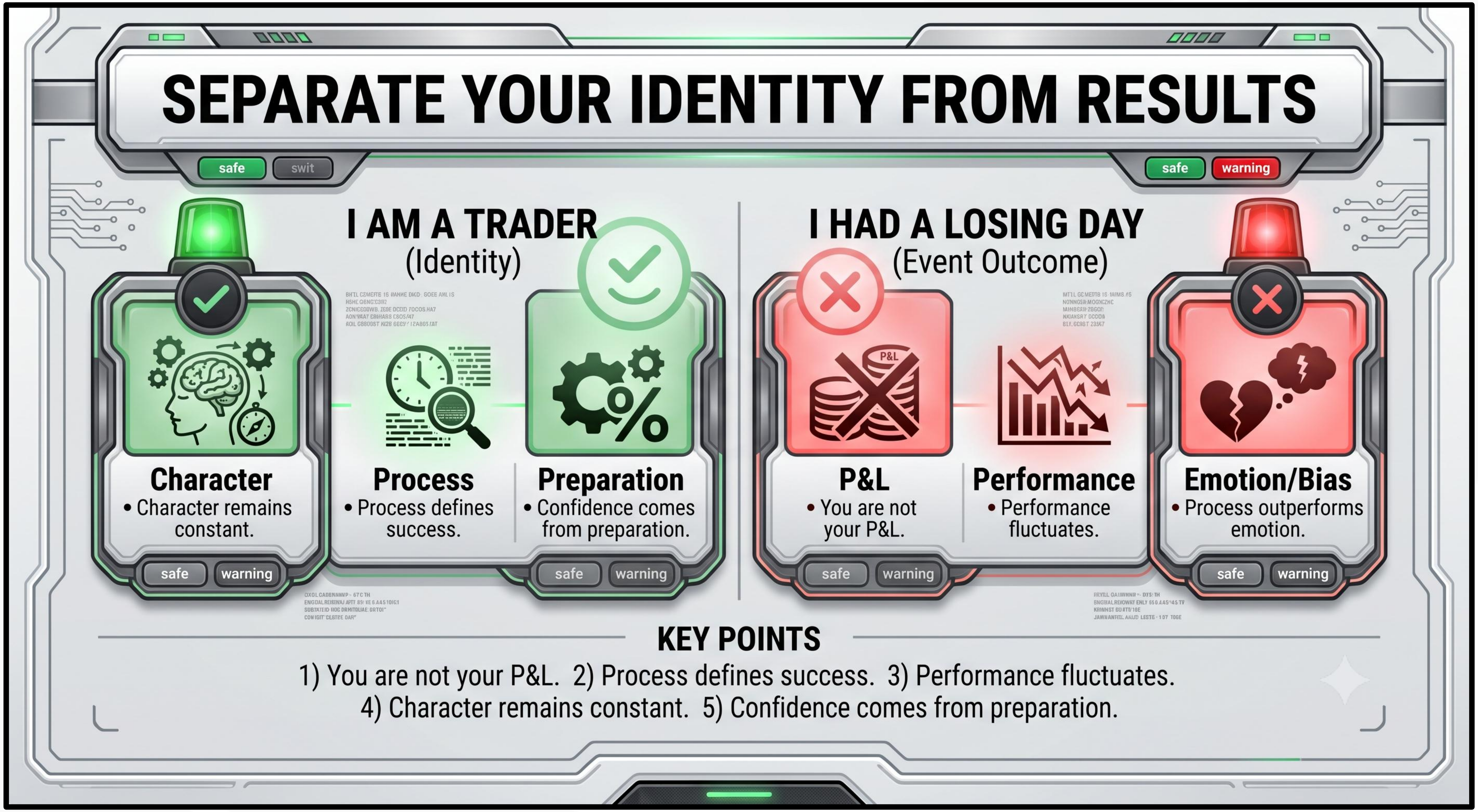
Market Behavior



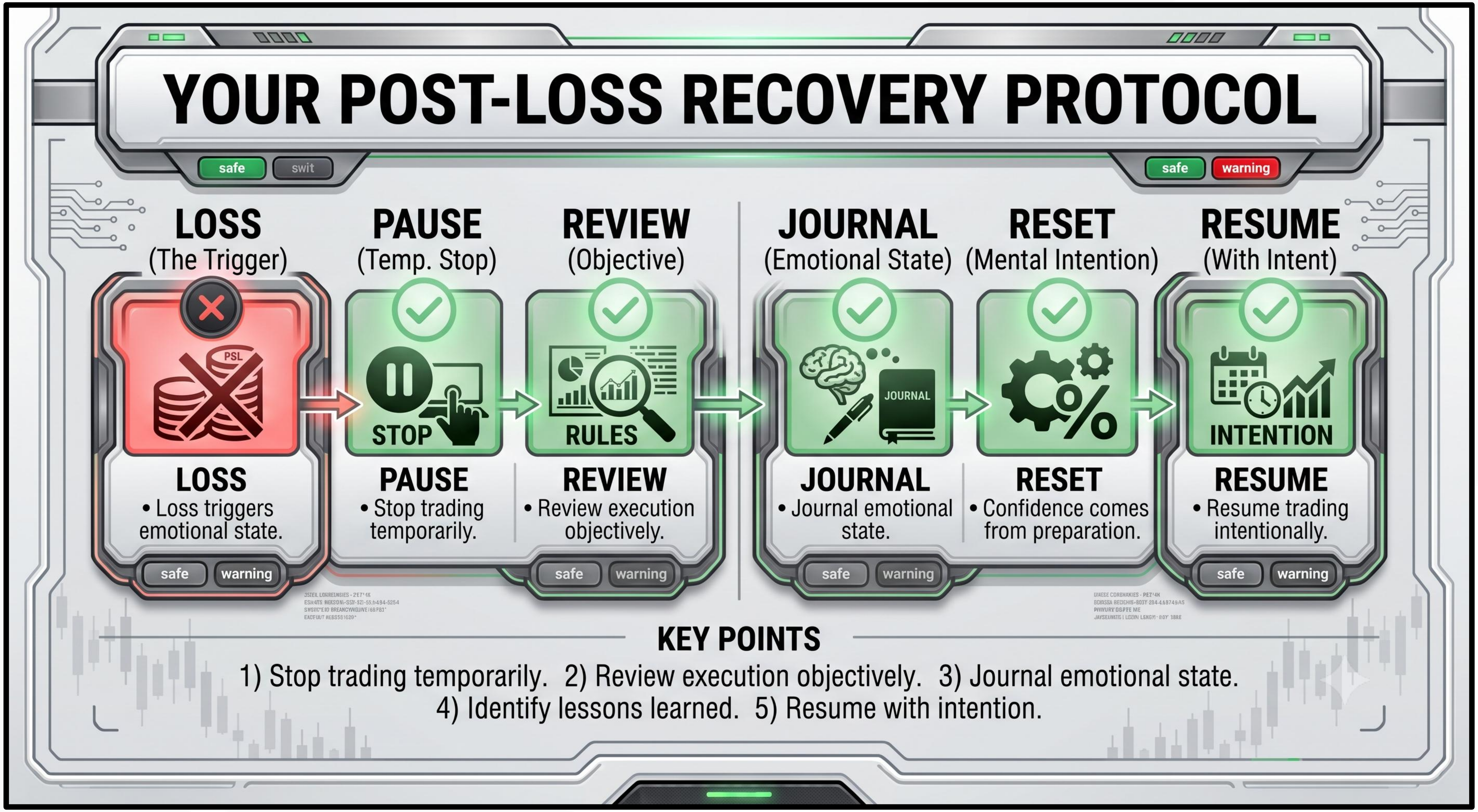
Market Behavior



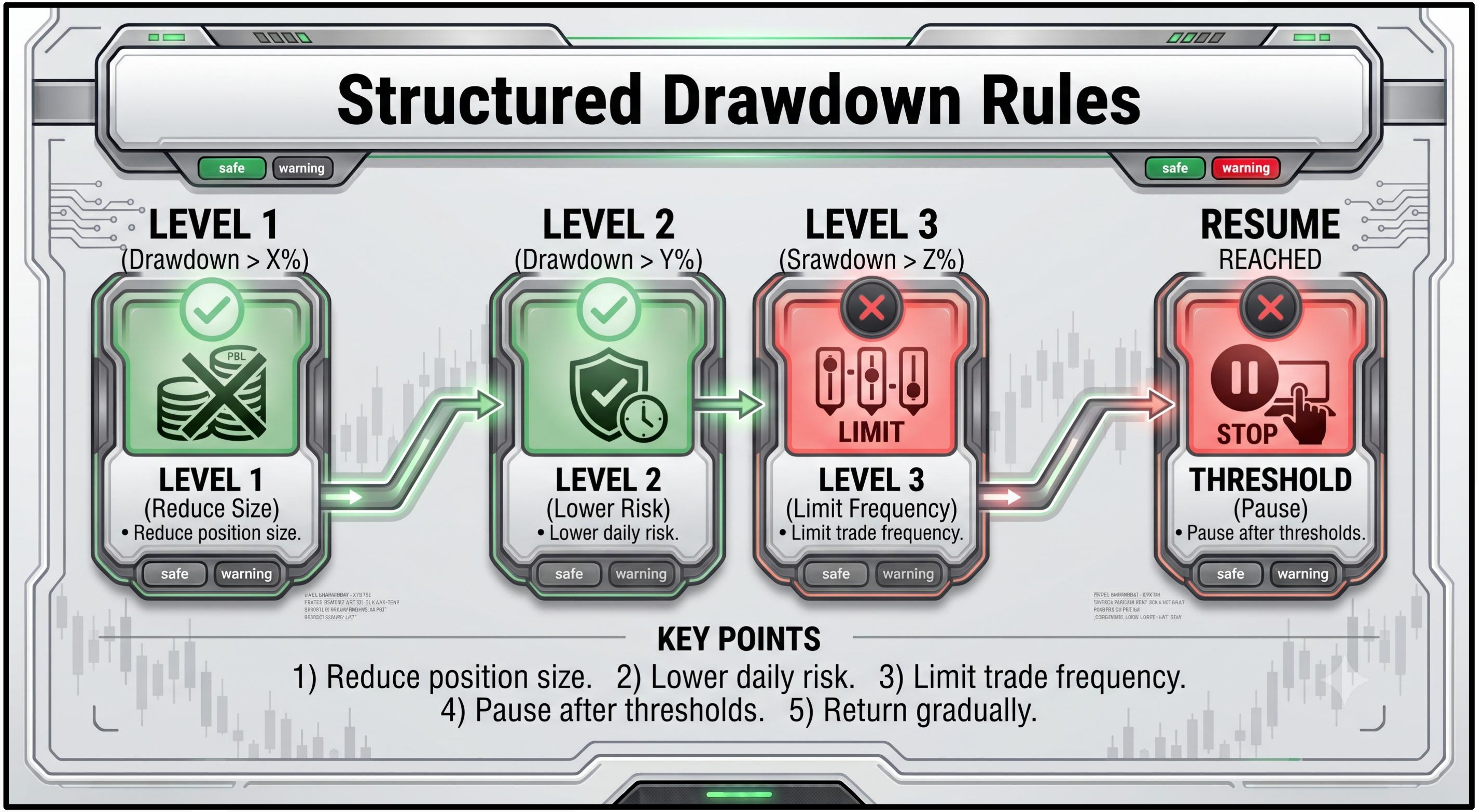
Recovery Framework



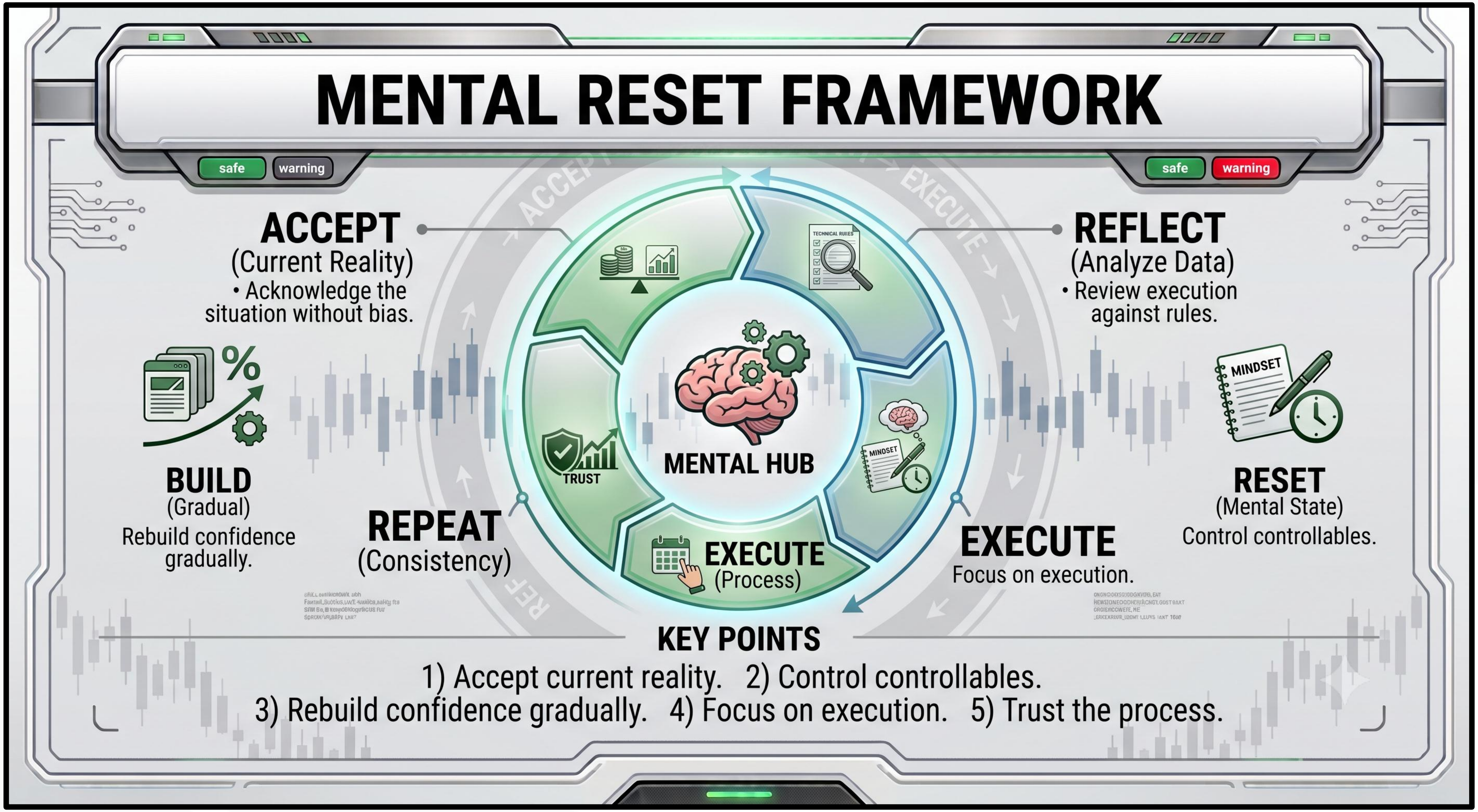
Recovery Framework



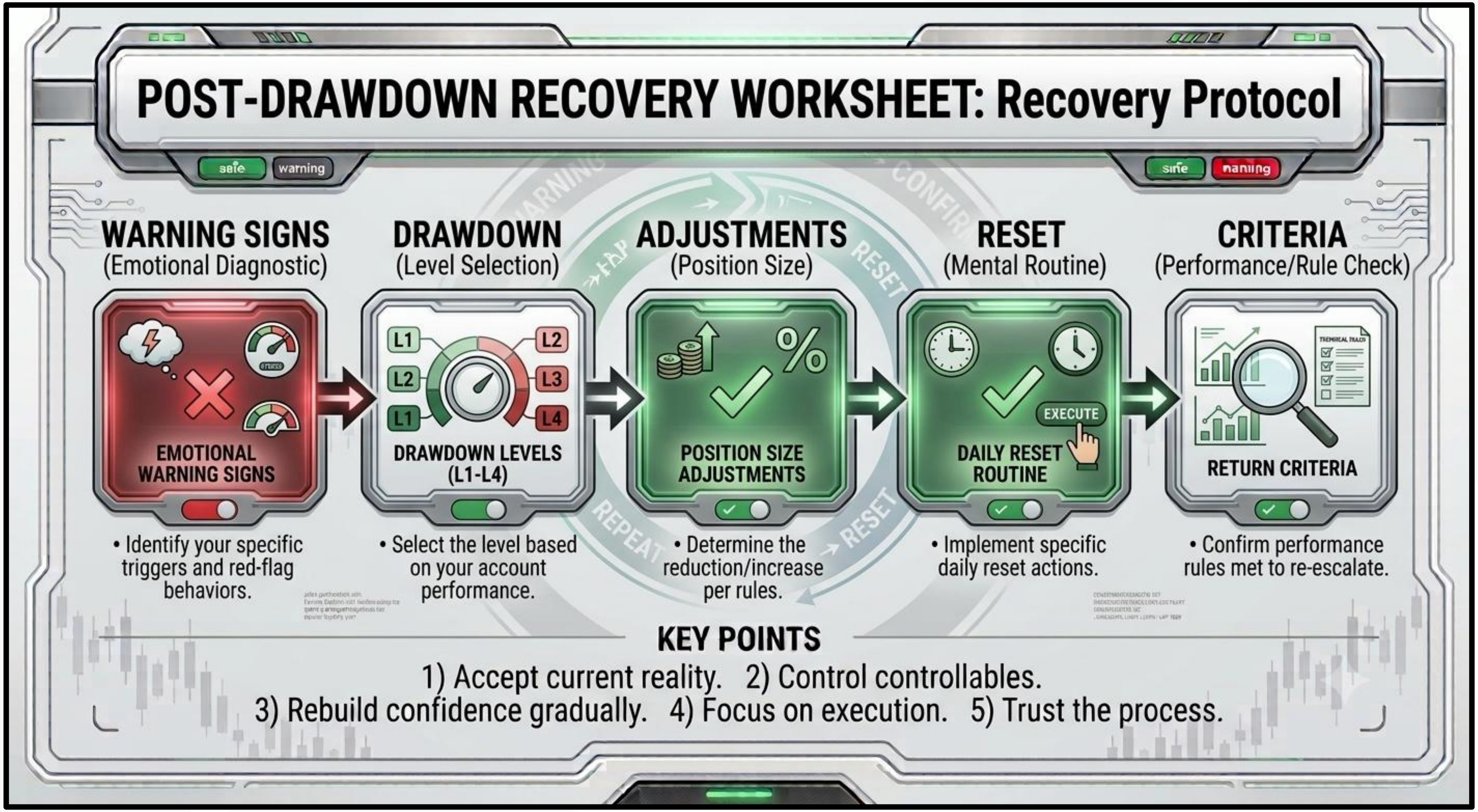
Recovery Framework



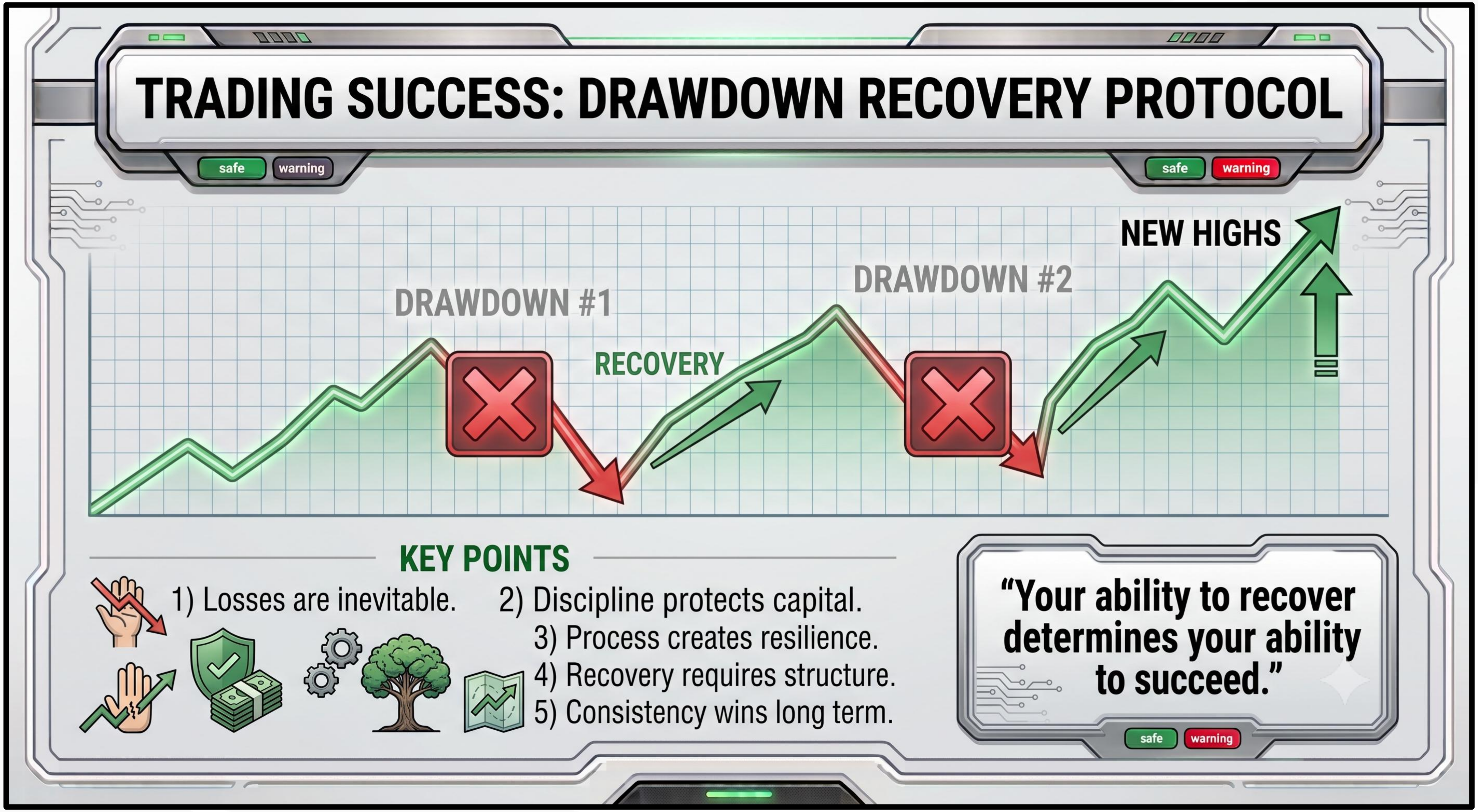
Applying the Framework



Applying the Framework



Applying the Framework



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