

# Tilt Prevention Checklist

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Signal Pilot Education Hub

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## Tilt & Revenge Trading Prevention Checklist

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**From Lesson 7: Why You Keep Revenge Trading (And How to Actually Stop)**

Use this checklist BEFORE every trade to prevent tilt and activate circuit breakers when emotions hijack your trading.

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### **Pre-Market: Daily Mental Preparation**

- ☐ **Sleep & Physical State**
  - Slept 7+ hours last night
  - Not sick, hungover, or physically exhausted
  - Hydrated and fed (brain needs fuel)
- ☐ **Set Daily Hard Limits**
  - Daily loss limit set: \$\_\_ (typically 2% of account)
  - 3-strike rule activated (hard stop after 3 losing trades)

- Position size reduction rule ready (50% after any loss)
  - [ ] **Review Yesterday's Trades**
  - Journalled all trades from yesterday
  - Identified any revenge trading incidents
  - Ready to learn from mistakes (not repeat them)
  - [ ] **Emotional State Check (1-10 scale)**
  - Overall emotional state: \_\_\_\_ / 10 (8+ required to trade)
  - Focus level: \_\_\_\_ / 10 (8+ required to trade)
  - If ANY score <7, seriously consider skipping today's session
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## **Pre-Trade: Mental State Check** **(Every Single Trade)**

- [ ] **Emotional State: 1-10 scale**
- Am I calm and focused? (Score: \_\_\_\_ / 10)
- 8-10 =  Proceed with trade
- 1-7 =  DO NOT TRADE (tilted or distracted)
- [ ] **Identify Tilt Type (If Applicable)**
- Revenge Tilt: Just had a losing trade, want money back NOW
- Winner's Tilt: On a winning streak, feeling invincible
- Boredom Tilt: No setups, forcing trades for action
- [ ] **Checklist Adherence Check**
- Am I following my pre-trade checklist 100%?
- YES =  Proceed | NO =  Stop and re-evaluate
- [ ] **FOMO Check**

- Am I taking this trade because I NEED action?
  - Am I chasing because "I'll miss the move"?
  - If YES to either = **✗** DO NOT TRADE
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## **Circuit Breakers (Auto-Stop Rules)**

### **Circuit Breaker #1: 3-Strike Rule**

- [ ] After 3 losing trades in a single day:
- STOP trading immediately
- Close platform
- Walk away for minimum 2 hours
- **✗** NO EXCEPTIONS (no "just one more setup")

### **Circuit Breaker #2: Daily Loss Limit**

- [ ] After hitting -\$\_\_ in losses:
- DONE for the day (no more trades)
- Account preservation activated
- Journal what went wrong

### **Circuit Breaker #3: Position Size Reduction**

- [ ] After EVERY losing trade:
- Reduce next 2 positions by 50%
- Example: Normal size \$10k → \$5k for next 2 trades
- Then back to normal (if no additional losses)

### **Circuit Breaker #4: Post-Loss Cooling Period**

- [ ] After ANY losing trade:
  - Wait minimum 30 minutes before next trade
  - Journal: What happened? How do I feel?
  - Rate emotional state: \_\_\_\_ / 10 (must be 8+ to trade again)
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# **Hard Stop Triggers (Exit Trading Session NOW)**

- [ ] 3rd losing trade of the day (3-strike rule)
  - [ ] Daily loss limit hit (-2% or your set limit)
  - [ ] Emotional state drops below 7/10
  - [ ] Caught yourself breaking a rule (revenge entry, oversizing, ignoring checklist)
  - [ ] Physical symptoms of tilt (elevated heart rate, sweating, anger, frustration)
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## **Post-Trade: Tilt Pattern Tracking**

**After EVERY trade (win or loss), log:**

### **Trade details:**

- Entry: \$ \_ | Exit: \$ \_ | Outcome: Win / Loss / BE
- Followed checklist: YES / NO
- Setup quality: A / B / C

### **Emotional tracking:**

- Emotional state before trade: \_ / 10
- **Emotional state after trade:** \_ / 10
- Tilt type experienced (if any): \_\_\_\_
- Did I feel revenge/FOMO/overconfidence? YES / NO

### **Post-loss specific:**

- Do I want to trade again immediately? YES / NO
- Am I angry or frustrated? YES / NO
- Circuit breaker activated (if needed): \_\_\_\_

### **Weekly Review:**

- Total trades this week: \_

- Revenge trading incidents: \_
  - Circuit breakers activated: \_
  - Most common tilt trigger: \_\_\_\_
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**Remember:**

- ☒ Revenge trading is neuroscience, not discipline (amygdala hijack)
- ☒ 3 types of tilt: Revenge, Winner's, Boredom (recognize which one)
- ☒ 3-strike rule = hard stop after 3 losses (no exceptions)
- ☒ Daily loss limit protects account from blow-up
- ☒ Reduce position size after losses (circuit breaker #3)
- ☒ Journal religiously (patterns emerge, systems improve)

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