

Tilt Prevention Checklist

Signal Pilot Education Hub

Tilt & Revenge Trading Prevention Checklist

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.



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**

- Journaled 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

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**

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)

🚫 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)



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: _____

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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