Revenge Trading Recovery Kit

30 Days To A Bullet Proof Trading Mindset

30-Day Plan Overview

This 4-week system is based on deep psychological research, behavioral therapy (CBT), and the neuroscience of habit change. You'll retrain your brain to respond with calm and not chaos. Here is a summary table of your 4 week plan

Week	Your Focus Area	Your Goal
1	Awareness & Pattern Identification	To understand your revenge cycle
2	Disruption & Emotional Reset Tools	To interrupt the loop before action
3	Belief Rewiring & Cognitive Reframing	To change the narrative that fuels it
4	Integration & Identity Building	To reinforce discipline as default

WEEK 1: AWARENESS & PATTERN IDENTIFICATION

Goal: Understanding your revenge trade loop.

Daily Practice:
- Journal after every trade:
  1. What am I feeling? Before, during and after the trade.
  2. What thought just entered my head at the moment of your mistake?
  3. Am I thinking about “getting it back”?

Weekly Task:
- Review your journal and highlight patterns.
- Identify what events, emotions, or beliefs commonly lead to revenge trades. Ie Fear of losing money or greed etc.

WEEK 2: LOOP DISRUPTION & EMOTIONAL RESET

Goal: Interrupt the revenge impulse before it takes over.

Daily Practice: The 3-Minute Break Method
- After a loss: walk away, set a timer, and breathe.
- Ask yourself:
  - Am I trading to feel better or follow my edge?
  - Would I take this trade if I were green today?

Weekly Task:
- Build your Cool-Off Ritual (walk, stretch, journal, switch off for the day).
- Repeat it after every loss to rewire your reward system.

WEEK 3: BELIEF REWIRING + REFRAMING

Goal: Change the inner belief driving your behavior.

Daily Practice:
- Reframe negative self-talk using this template:
  "I believe that if I lose, ______. But the truth is ______."

Weekly Task:
- Identify one damaging belief.
- Replace it with a truth that supports your discipline.
- Repeat this belief before every session.

WEEK 4: IDENTITY BUILDING & INTEGRATION

Goal: Solidify your new identity as a calm, consistent trader.

Daily Practice:
- Morning: Visualize yourself handling a loss with control.
- Evening: Reflect—Did I trade from emotion or discipline today?

Weekly Task:
- End-of-week review:
  - What triggered me?
  - Where did I stay in control?
  - What small shift can I make next week?

IDENTITY ANCHOR

Use this phrase to reinforce discipline at key decision moments:

“When I feel the urge to get it back, I will ______, so I can _____.”

Example:
“When I feel the urge to revenge trade, I will step away and breathe, so I can stay in control and protect my capital.”