BULLISH TOOLS TRADING

10 Trading Psychology Rules

Ten traps that cost traders money — and the rule that beats each one.

Each rule answers one of the twenty statements in the Bullish Tools Trading Psychology Quiz.

ROUND 1 · RISK & LOSS

1 Decide the exit before the entry.

If naming where you're wrong feels uncomfortable before you're in, that's the trade talking. Once you're in, you'll negotiate. Set it while you have nothing at stake.

2 The stop is not a negotiation.

"Room to work" is the phrase people use right before a small loss becomes a big one. The stop was the plan. Moving it means you no longer have one.

3 A loss is not a mistake.

You can do everything right and still lose. The mistake isn't the red number — it's breaking your own rule. Judge the process. The outcome will lie to you.

4 A stop that gets hit and reverses was still the right stop.

It stings. It isn't evidence. Let that one trade retrain you and the next one won't have a stop at all.

5 The market isn't doing it to you.

It doesn't know you're in. Bad luck, bad tip, rigged game — each one puts the cause somewhere you can't fix. Your results are the sum of your decisions.

ROUND 2 · EGO & DISCIPLINE

6 You're not predicting. You're taking a probability.

No amount of analysis tells you what the next candle does. Better analysis gives you a better edge across many trades — not certainty on this one.

7 Certainty is not a prerequisite.

If you can only act when you feel sure, you'll act on the trades that feel best — which is not the same as the trades that are best. Act on the setup, not the feeling.

8 Size is set by risk, not by mood.

A great week doesn't make you better. It makes you confident — and that's the moment size creeps and one trade undoes the month.

9 A winning streak is not information.

Three wins tell you nothing about the fourth. Certainty after a streak feels like skill. It's the same feeling that precedes the giveback.

10 The trade that tempts you to break the rules is why the rules exist.

Rules aren't for the easy ones. If an opportunity looks so good it justifies an exception, the exception is the risk.