BULLISH TOOLS TRADING

8 Mistakes That Wreck Accounts

The eight behavioral traps behind most blown-up accounts — and the one rule that beats each.

Each rule maps to one of the eight mistakes in the Bullish Tools Trading Psychology guide.

IMPATIENCE & EMOTION

1 No plan, no entry.

Beats FOMO. If you can't name your entry, stop, and target before you click, you're chasing a feeling, not a setup. The move you're afraid to miss is never the last one.

2 Price to the level, not the emotion.

Beats chasing. Buying the top of an extended candle because it "keeps going" means paying the worst price on the chart. Wait for the pullback or the next clean setup.

3 No setup, no trade.

Beats overtrading. If you can't explain why you're in a position, you took it out of boredom. Some days the best position is cash. Fewer, better.

4 The loss is already paid. Don't pay it twice.

Beats revenge trading. When the next trade is about the last one, step away from the screen. The market doesn't know you're down and won't hand it back.

DENIAL & DISCIPLINE

5 Decide the exit before the entry.

Beats bag holding. A red position with no exit plan isn't patience — it's a decision you refused to make. Take the small loss you planned for.

6 The stop is not a negotiation.

Beats moving your stop. "Room to work" is what people say right before a small loss becomes a big one. You set the stop when you could think clearly. Honor it.

7 Size is set by risk, not by mood.

Beats oversizing. A hot streak breeds confidence, and confidence creeps size until one trade gives back the week. Fix your risk per trade and hold it flat.

8 Write the plan. Journal the trade.

Beats trading blind. You can't fix a process you never wrote down, or know if a mistake is a pattern without a record. The journal is where a hobby becomes a craft.