PERSONALIZED WORKING DOCUMENT

Trader Psyche Correction Workbook

This workbook turns the diagnostic report into observable practice. Track conduct, trigger exposure, and rule stability. Do not use P&L as the main success measure.

One-page action card

PRIMARY TRIGGER	After a losing trade
FIRST WARNING SIGN	The trader can describe urgency faster than the new setup.
STOP RULE	Do not take a post-loss trade until a pause and full qualification are complete; size cannot increase.
REPLACEMENT	Use the fresh-decision gate and baseline size before any post-loss order.
CONDUCT MEASURE	Count post-loss trades that passed both conditions.
RESET QUESTION	Can the new setup be explained without mentioning the prior trade?

Rule diagnosis

A clear rule existed, but pressure made the rule negotiable in the moment.

Correction intensity

standard

Seven-session tracker

Record relevant trigger exposure separately. A quiet session can still be useful evidence when the trigger never appeared.

Session / date	Trigger occurred	Behavior occurred	Replacement completed	Rule negotiations	Immediate payoff or pressure	Conduct result	One-sentence review
1							
2							
3							
4							
5							
6							
7							

Session-seven decision

[ ] Keep the rule when the behavior decreased and the replacement was usable.

[ ] Tighten the rule when the behavior repeated because the constraint stayed negotiable.

[ ] Redesign the intervention when the evidence points to a different cause.

[ ] Escalate support when the behavior repeatedly threatens account or firm limits.

Event reconstruction 1

Reconstruct what happened before outcome knowledge rewrites the decision.

Trigger

Information available

Baseline rule

What changed

Immediate payoff

Later cost

Next constraint

Event reconstruction 2

Reconstruct what happened before outcome knowledge rewrites the decision.

Trigger

Information available

Baseline rule

What changed

Immediate payoff

Later cost

Next constraint

Diagnosis test page

A useful diagnosis should survive comparison with competing explanations. Change the plan when the evidence changes.

Evidence supporting the primary explanation

Evidence supporting the competing explanation

Evidence still missing

Current confidence

Plan change

30-trade scorecard | Trades 1-10

Trade count is not trigger count. Mark whether the target pressure event actually occurred before judging the correction.

Trade number	Target trigger exposure	Behavior occurred	Replacement complet-ed	Rule stability	Review completed	Protective behavior preserved	Major lapse	Plan change
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

30-trade scorecard | Trades 11-20

Trade count is not trigger count. Mark whether the target pressure event actually occurred before judging the correction.

Trade number	Target trigger exposure	Behavior occurred	Replacement completed	Rule stability	Review completed	Protective behavior preserved	Major lapse	Plan change
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

30-trade scorecard | Trades 21-30

Trade count is not trigger count. Mark whether the target pressure event actually occurred before judging the correction.

Trade number	Target trigger exposure	Behavior occurred	Replacement complet-ed	Rule stability	Review completed	Protective behavior preserved	Major lapse	Plan change
21								
22								
23								
24								
25								
26								
27								
28								
29								
30								

Review questions

After session seven

What behavior count changed?

Did comparable triggers occur?

Where did negotiation remain?

Does the original diagnosis fit better, worse, or differently now?

After 30 trades

Which behavior stopped requiring active effort?

Which trigger still changes standards?

What did the original report get wrong or overstate?

What is the next smallest correction with meaningful leverage?

Pre-session journal

Complete these before the session so the day begins with a visible behavioral target rather than an outcome target.

Which recent result is most likely to enter today’s decisions?

Where is financial repair most likely to make a rule negotiable?

What size keeps a normal loss from becoming a psychological event?

Post-session journal

Review the behavior while the trigger, negotiation point, and replacement attempt are still specific.

Could the next setup be explained without mentioning the loss?

What immediate payoff did the old behavior offer?

Did the replacement fail because I forgot it, rejected it, or could not use it?

Educational boundary

This assessment is an educational self-reflection tool. It is not a clinical or psychological diagnosis, medical or mental-health advice, financial advice, or a prediction of trading performance. Results reflect your self-reported behavior across recent sessions and may change with context, strategy clarity, risk, market conditions, sleep, stress, and experience. Use the report as a starting point for review, not as a verdict about who you are.