



GORILA CAPITAL

Free trading-education guide · toolkit

FREE TRADER TOOLKIT · PSYCHOLOGY

Trader Psychology Checklist

Short checklists for before, during and after the session, plus the warning signs of tilt and what to do when you see them.

Inside

- A pre-session readiness check
- Rules for during the session
- The eight warning signs of tilt
- A reset routine after a loss streak
- A weekly mindset review

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share.
Education only, not investment advice. Trading is high risk.

PART 1

Why a checklist

Most trading mistakes are not analysis mistakes. They are decisions made while tired, angry, bored or overconfident. A checklist does not make you calm; it makes you notice when you are not, before the decision is made.

Practice tip

Keep this page next to your screen. Read the pre-session list out loud. It sounds silly and it works.

PART 2

Before the session

- ☐ I slept reasonably and I am not ill, drunk or very tired
- ☐ I am not trading to recover yesterday's loss
- ☐ I know my maximum number of trades and maximum loss for today
- ☐ I have written my bias and key levels before looking for entries
- ☐ I know when today's high-impact news is
- ☐ My risk per trade is the same as my plan says (not higher because I "feel good")
- ☐ I am ready to end the day with no trade if no setup appears

If two or more boxes stay empty, trade at half size or not at all today.

PART 3

During the session

1. Enter only setups that are in your written plan. If you cannot name the setup, it is not one.
2. Once the stop is set, it only moves in the direction that reduces risk.
3. After two losses in a row, stand up and take a 15-minute break away from the screen.
4. After reaching the daily loss limit, close the platform. Not minimise: close.
5. No new trades in the last 15 minutes before high-impact news.
6. If you notice you are watching the P&L; more than the chart, reduce size or stop.

PART 4

The eight warning signs of tilt

Sign	What it sounds like
Revenge	"I need to get that back now."
Size creep	"Just this once, double size."
Moving the stop	"It will come back."
Boredom trading	"Nothing is happening, I will try something."
Overconfidence	"Three wins, I can't lose today."
Fear of missing out	"It is running without me."
Rule bargaining	"My rule doesn't really apply here."
Hiding	Not writing the trade in the journal.

Common mistake

Ignoring the first sign. Tilt grows trade by trade. The cheapest moment to stop is the first time you notice one of these sentences in your head.

PART 5

Reset routine after a losing streak

1. Stop trading for the rest of the day. Losing streaks are normal; extending them with tilt is not.
2. Next day, review the streak in the journal: were the trades A, B or C grades?
3. If they were A trades: the method had a normal losing run. Continue at normal or reduced size.
4. If they were C trades: the problem is discipline, not the method. Trade at half size until you log ten A-grade trades in a row.
5. Do not change strategy in the middle of a losing streak. Change it only after a review of at least 30 trades.

Account drawdown	Suggested action
-3% to -5%	Review C trades, keep size
-5% to -10%	Halve risk per trade until back above -5%
Beyond -10%	Pause live trading; demo or review only for one week

PART 6

Weekly mindset review

Question	Your answer
Average emotion score at entry (1-5)	
How many trades broke a rule? Which rule?	
When did I trade best: what was my state?	
One habit to keep	
One habit to drop	

[] Post your journal week or your news-day plan in the free Telegram or Discord community and ask for a review.

KEEP LEARNING

Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

Next step	What it is
Free community	Daily market notes, session plans and chart reviews. No signals for sale, no account managers.
Telegram	t.me/gorilacapital99
Discord	discord.gg/aHRUT6DhT
WhatsApp channel	whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06
Gorila Zones (\$49, one-time)	Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. Details: finance-gorila.pages.dev/indicator
Price Action Pro (coming soon on Skool)	The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.
More free guides	finance-gorila.pages.dev/free

Risk warning

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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