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A Thread on~ O V E R T R A D I N G

Sitting and observing the numbers flicker on the screen might be very exciting.



But have you ever felt like you might've done better? Or you're just too tired of waiting that you punch an order right in?

That's a Bad Idea.

So, Let's understand the reasons behind it and try to find a way out.

1. Not having a trading plan makes you clueless.
Your impulses start to take control of you.

2. Having a trading plan; But still taking impulsive/ random trades.
Because of adrenaline rush or gambling instinct.

3. Revenge trading
When you try to force a trade in order to recover from a previous loss.

4. Increasing the Overall capital suddenly followed by poor position sizing.

5. Social media influence
Copying someone else's trades without understanding the logic.

6. Competing with others on Social Media
Getting influenced by MTM screenshots.

7. Feeling euphoric after great winning streak.
Extreme urge to give it all back to the market.

8. Not maintaining a Trading journal.

9. Boredom and not having any trading partner.

10. Tendency to self sabotage for reasons & failures outside of the trading arena.

11. Just for adventure and fun.

Now the question is: How to refrain ourselves from Over Trading?

1. Define your Trading criteria and wait for the right setup.
Do not chase the price.

2. Treat Trading as a serious business.

3. Limit the number of trades per day.

4. Don’t let inefficient screen time and boredom enter your trading.

5. Understand the premise of your system and know when to stay out.

To conclude, These are the greatest skills you can have as a trader and also the hardest to actually get a hand on.

Preach Persistence.