

STOP MID-TILT: INTERRUPT THE SPIRAL

The moment you notice tilt, your job is not to fix it—it's to stop making it worse.

The First “I Shouldn’t...” Thought

Tilt doesn't start when the account blows up. It starts with a thought. The moment any of these show up, treat it as an exit signal:

- “I shouldn't take this trade...”
- “Why did I take that?”
- “I broke my rules...”
- “I'll fix it with one good trade.”
- “Fuck it.”

When you hear one of these thoughts, don't negotiate. Flatten everything and end the session.

Immediate Interruption

You cannot think your way out of tilt. **You have to remove access.**

- Flatten all positions
- Close the trading platform
- Push the mouse away
- Stand up and leave the room
- Turn screens off

Change Your State — On Purpose

Once you're away from the screens, redirect your nervous system:

- Listen to one specific reset song
- Watch something motivational or funny
- Go for a short walk
- Leave the house for an errand
- Call or text someone who knows you're trading

This isn't about distraction — it's about letting the emotional spike pass.

Don't Isolate

Tilt thrives in isolation and so does shame.

- Talk it out with AI to slow your thoughts
- Message a trader friend who knows your rules
- Group chat with other traders
- If you're in the Degen Rehab Discord group come and let us know what's going on

Simple Exercise to Overcome Tilt

This exercise focuses on acknowledging and accepting the feeling of tilt without judgment. When fully allowed, emotional reactions tend to lose their power on their own.

Step 1: Invite and Accept the Feeling

When you notice tilt or a strong emotional trigger, stop trying to cover it up, blame yourself, or fight it. Allow the experience to simply be there in the present moment, without judgment.

Step 2: Shine a Spotlight on It

Give the feeling your full attention. Describe it using your senses: • Color: What color is this feeling? • Texture: What would it feel like to touch? • Temperature: Hot, cold, or lukewarm? • Smell or taste: Does it have one? By describing the feeling metaphorically, you are fully acknowledging its presence.

Step 3: Allow Dissipation

Hold the feeling in the spotlight for a few seconds or minutes. As it is allowed to be there without resistance, you may notice it starts to lose intensity on its own.

Step 4: Repeat and Release

If the feeling is still strong, repeat the process. Once it has subsided, allow the remaining sensation to leave — with neutrality, kindness, or gratitude. Repeat as needed.

Credit: This exercise was adapted from a trader comment on the video “Your Brain on Trading.” For more advice from other traders on how to stop tilt go and read the comments section on the video.

If these free resources are helping your trading, one way you can support the channel is by using my prop firm affiliate links.

I've put my recommended firms: **Apex, Lucid, Tradeify and Humble** along with my full prop firm breakdown video on this page:

<https://www.degen-rehab.com/prop-firms.html>

Use **code REHAB** for the best current evaluation discount.

I do receive a small commission if you sign up through my links, which helps keep these guides and resources free for everyone.



RETURNING TO TRADING AFTER TILT

This is how you come back without making it worse.

Before You Trade Again (Non-Negotiable)

If you have not completed the Post-Tilt Review, you are not ready to trade. Time alone does not reset tilt, reflection does.

Rule: No post-tilt review = no trading.

Slow Yourself Down First

The day after tilt still carries emotional residue. Calm has to come **before** the platform opens. Step away from charts, let urgency settle, and aim to be **less reactive**, not perfect.

Zoom Out: The Bigger Picture

One tilt day does not erase your progress. Drawdown is information, not failure. **Reconnect with the longer-term picture** instead of a single outcome.

Reconnect to the Process (Not the Money)

You get where you want to go faster by following your rules, not by forcing recovery. Discipline shortens timelines. Tilt makes them longer and more stressful.

Practical Reset Rules

- Size down.
- Limit trades to one or none.
- Consider trading simulation for a few days.
- Focus on execution, not P&L.
- Walk away as soon as your rules are followed.
- Your job right now is protection, not performance.

Redefining a Winning Day

No-trade days are winning days. Flat days are wins. Discipline is the metric, not profits.

A day you followed your rules is progress, even if you didn't trade.

Final Reminder

You don't need to make it back today. You don't need to prove anything. Slowing down after tilt isn't weakness, it's how accounts survive.

Ready to Take Your Discipline to the Next Level?

I created the Degen Rehab Discord to mimic what worked for me on YouTube – encouragement on hard days, accountability when discipline slipped, and support instead of shame.

If having a place to check in, talk through tilt, and keep moving forward sounds helpful, this structure might work for you.

This Community Works Best for Traders Who:

- check in consistently
- are honest about what they're struggling with
- start asking for help instead of isolating
- support others when they're having a hard day
- care more about discipline than hype or signals

If that sounds like the environment you've been looking for, you're welcome to join us.

Join the Degen Rehab Discord: <https://www.degen-rehab.com/discord.html>

TILT RECOVERY TOOL

HOW TO STOP BEFORE IT GETS **REALLY** BAD

My lowest and most account-destroying days have always been when I've lost control and gone on tilt. This tool is here to help prevent the guilt, shame, and regret that come with those days.

Step 1 – If you check 2 or more boxes, you're on tilt. Go to Step 2 NOW

	Day 1	Day 2	Day 3	Day 4
I feel an urgent need to “make it back” right now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm angry or frustrated about my last trade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've taken at least one trade that wasn't my setup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm ignoring my stop or tempted to move it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've already increased my size (or I'm thinking about it)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm thinking more about my P&L than my process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I notice my breathing is faster / my heart rate is up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel out of control, like I can't stop trading right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 2 – Close your trading platform IMMEDIATELY and do at least 2 of the following. You will not regret this!

- Go for a walk.
- Do a 15-minute guided meditation – just search on youtube on your phone
- Call/text a trading buddy or a friend Go to the store or run an errand Talk to AI or
- journal about what you're feeling. You can use chatGPT like a trading
- journal. This is what happened, this is how I feel...
- If you're in the Degen Rehab Discord group do your checkin then come to the Rough Patch channel and tell me what happened.

Reflection: What triggered tilt today?