

The Missing Piece

Why you revenge trade, can't take a loss, and feel stuck. And what to do about it

The Real Problem

Most struggling traders blame their entries, their strategy, or their discipline. But the real problem runs deeper than any of those things. It is a **perspective problem**, a zoom problem.

Stanford neurologist Andrew Huberman has shown that under stress, your field of vision *literally* narrows. Your eyes turn slightly inward, peripheral objects blur, and everything outside your immediate focus disappears. This is not a metaphor. It is biology. And it is exactly what happens when you are in a losing trade, close to your drawdown limit, or grinding an eval you have been on for two months.

The tunnel vision, the impulsivity, the inability to zoom out, that is not an ADHD problem. That is a struggling trader problem. It affects almost everyone who is still in the fight, still grinding evals, still working toward consistent payouts, whether that has been one year or five.

Why the Rushing Happens

Behind all of it is a **scarcity mindset**, driven by specific fears that make every session feel urgent.

Fear 1: The volatility is going to dry up. The conditions that exist right now will not last. Every day you do not capitalize feels like a missed window.

Fear 2: You are running out of time. Eval time, account time, the sense that other people are already ahead. There is an urgency that has nothing to do with what the chart is doing.

Fear 3: Trading needs to solve a financial problem. This one is rarely talked about but it might be the most powerful of all. When you are counting on trading to pay a bill, cover a shortfall, or prove it can replace your income, you stop trading the market in front of you and start trading your bank account balance. Every session becomes a calculation. You are watching the calendar, estimating when a payout could come, working out how much you need to make this week. That pressure does not stay in your head. It comes with you into every trade, and it makes objectivity almost impossible.

These fears combine to make every session feel like it might be the last chance. When your brain believes that, it cannot take a loss. A loss is not just a loss — it is a day wasted in a window that is closing, money that was supposed to solve something.

Why Trading Feedback Is Uniquely Broken

A doctor has 8 years of training with clear milestones and honest feedback. A business founder gets early signals fast — customers buy or they do not. Trading gives you neither. The timeline is unknown and the feedback actively misleads you.

You can do everything right and lose. You can break every rule and win. This is called **outcome bias**, judging the quality of a decision by its result rather than its process. In trading, bad decisions regularly produce good outcomes and good decisions regularly produce bad ones. If you are learning from outcomes instead of process, you are learning the wrong lessons.

The Puzzle

Think about a thousand-piece puzzle. If you picked up one piece and handed it to someone who had never seen the box, they could not tell you anything about the picture. That is what you are doing when you judge your trading by a single session. You cannot see the picture from one piece. You need a lot more pieces on the table before it starts to emerge.

The traders who make it long term are not the ones who figured it out fastest. They are the ones who kept placing pieces when they could not see the picture yet. **They stayed at the table.**

The Three Exercises

Structural tools that give you honest feedback when the P&L; will not

These are not motivational exercises. They are things you build into your routine that create a parallel feedback system, one that runs alongside your trading and gives you honest signals independent of daily P&L.

Exercise 1: Know Your Shutdown Conditions

Before you can score yourself honestly you need to know exactly what ends your trading day. Write these down now and do not change them in the moment.

Session shutdown conditions (things that end an active session):

- Max daily loss: \$_____
- Daily profit target (walk away when you hit this): \$_____
- Maximum number of trades per session: _____
- Trading time window: _____ to _____
- Any rule break — session over, no exceptions

Personal shutdown conditions (days you should not open the platform):

Think back to your worst trading days. What was going on before you sat down? Bad sleep, an argument, stress about money, feeling sick, distracted, rushed, emotionally raw. These are your pre-session red flags.

Write your personal red flags here:

- _____
- _____
- _____
- _____

If two or more personal red flags are present on any given morning, that is a no trade day. A no trade day where you protected your account is a process score of 5.

Exercise 2: The One Year Letter

Write a letter from your future self, one year from today, back to where you are right now.

In that letter, your future self has been executing their process correctly for 12 months. Not perfectly, correctly. They have taken stops when they were supposed to. They have had losing weeks and did not blow up. They have sat on their hands on bad days. And they have something you do not have right now: **evidence**. Real, personal, earned evidence that the process works.

What does that person want you to know today? What do they wish you understood about this week, this eval, this bad run you are in right now?

Write it. Actually write it. It forces your brain out of the immediate session and into the longer arc. You are borrowing evidence from the future until you can build it in the present.

Exercise 3: The Literal Zoom Out

When you feel the tunnel vision coming on, do this in order:

1. **Stop and breathe.** Before you do anything else, take 4 slow breaths. In for 4 counts, hold for 4, out for 6. Slow exhales activate the parasympathetic nervous system, your body's calm-down system, and begin interrupting the stress response at a physiological level. Do not skip this step.
2. **Soften your gaze.** Stop staring at the chart. Physically relax your eyes.
3. **Widen your peripheral vision.** Expand your visual field to take in the whole room. Deliberately widening your peripheral vision further activates the parasympathetic system. You are physically zooming out, and your brain follows.
4. **Ask yourself one question:** Does this trade, this session, this loss — does it actually matter in a year? Not whether it feels like it matters. Does it actually matter. In the context of a thousand-session practice, does what happened in the last twenty minutes change anything?

The answer is almost always no. And when you can feel that answer instead of just think it, the next right action becomes obvious — close the platform, take a walk, come back tomorrow.

Weekly Process Scorecard

Score your process, not your P&L;

Week of: _____ Account/Eval: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	___/___	___/___	___/___	___/___	___/___
1. Setups matched my criteria only?	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A
2. Honored every stop without moving?	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A
3. Sized correctly on every trade?	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A
4. Stopped when shutdown conditions met? <i>max loss / target / trade limit time window / rule break</i>	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A
5. Notradeday if conditions present? <i>bad sleep / emotional / sick distracted / circumstances</i>	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A	Y / N / N/A
Process Grade <i>1 = poor 3 = average 5 = excellent</i>	___ / 5	___ / 5	___ / 5	___ / 5	___ / 5
Notes					

*A no trade day where you protected your account is a process score of 5.
Every session where you follow your rules, you place a piece. Stay at the table.*

Taking It Further: Long-Term Tracking

Printing a new scorecard each week builds the habit. After 90 days you will want to see patterns across months, not just weeks. A spreadsheet lets you track your process grade over time, spot which conditions lead to your best and worst sessions, and build the evidence base your nervous system needs to stop operating from scarcity. Copy and paste this prompt into ChatGPT or Claude to build your own:

"Create a trading process scorecard spreadsheet for me. Track daily sessions with columns for: date, day of week, whether I only took setups matching my criteria (Y/N), whether I honored every stop (Y/N), whether I sized correctly (Y/N), whether I stopped when my shutdown conditions were met (Y/N), whether I respected my no trade day conditions (Y/N), process grade out of 5, P&L; for the session, and notes. Include a summary tab showing my average process grade by week and month, and a chart showing process grade over time alongside P&L; so I can see the correlation."

Keep Going

I hope this was valuable and that it puts you on the path to becoming a more consistent, process-focused trader.

The Degen Rehab Discord

A daily accountability community for traders who want to build discipline, stop revenge trading, and finally trade with consistency. Membership is \$35 per month.

JOIN IF...

- ✓ You are willing to do a short daily check-in every trading day
- ✓ You are open to honest feedback from the group and from me
- ✓ You will answer follow-up questions on days you break your rules
- ✓ You are ready to be honest about your mistakes, not defensive
- ✓ You believe your biggest issue is behavior, not finding a better strategy
- ✓ You are willing to show up even when struggling, not disappear
- ✓ You have your own trading rules and want help following them
- ✓ You are process-focused, or actively working toward it

DO NOT JOIN IF...

- × You just want signals or trade ideas
- × You are not willing to do daily check-ins
- × You want to lurk without participating
- × You are mainly focused on P&L, not process
- × You have no clear rules and are not ready to build them
- × You are not open to feedback or being called out
- × You blame the market or bad luck for your results

Not sure? [Take the free fit quiz at degen-rehab.com/discord.html](https://degen-rehab.com/discord.html) and read what some of our members have to say about the group

Prop Firms I Recommend

I currently trade with Lucid and recommend it as my top pick. I also recommend Tradeify and Humble — all three have no monthly reset or time limit on the eval, which removes at least one layer of manufactured urgency from your trading.

Note: Apex requires you to pass within one month, which adds time pressure back into the equation. Worth knowing before you choose.

[Find current deals and affiliate links for all recommended firms at degen-rehab.com/prop-firms.html](https://degen-rehab.com/prop-firms.html)

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