

OBT Post-Loss Reset Protocol

A psychological circuit breaker to stop tilt after losses and protect your capital.

Step 1 — Stop Command

Immediately after a meaningful loss or cluster of small losses, halt trading.

Stand up or physically move away from the keyboard. This gives your brain time to come out of attack mode.

- For at least 2 minutes, do not open a new trade.
- No 'quick recovery' trades.
- No 'one more' to get back to even.

Step 2 — Name the Loss

Turn the loss into information instead of a vague emotional hit.

Examples:

- "It was a valid loss in a valid setup."
- "I chased a move without a clear signal."
- "I traded directly into news."
- "I was bored and forced a trade."

"This loss happened because: _____."

Step 3 — Body Reset

Calm the body so the mind can process clearly.

Use a brief breathing pattern:

- Inhale slowly for 5 seconds.
- Hold for 2 seconds.
- Exhale slowly for 6–7 seconds.
- Repeat this cycle 3–4 times.

Step 4 — Risk Integrity Check

Check how the loss has changed your relationship with risk in this moment.

If you feel pressure to 'fix' anything quickly, you're not ready to trade again.

- Has this loss changed how I feel about risk right now?
- Do I suddenly want to increase size, move stops, or win it back fast?
- Does my current emotional state still fit the risk plan I wrote when I was calm?

Step 5 — Rule Integrity Check

Confirm whether you can still follow your rules exactly as written.

Thoughts like “just this once I’ll skip this rule” are tilt talking, not your plan.

- Am I willing to follow my strategy rules without negotiation?
- Or am I mentally looking for reasons to bend or skip them?

Step 6 — Session Decision

Make a deliberate, conscious decision about the rest of the session.

Stopping is not defeat. Stopping is a trading skill.

- Continue — only if you feel calm, steady, and ready to execute normally.
- Pause — walk away for 5–15 minutes. Get distance, then reassess.
- End — close the platform and review later when you are calm. Some of your best trades will be the sessions you chose to end.

Tip: Print this page and keep it next to your screen. Use a pen to tick off items before each trading session.