

Self-Assessment Quiz:

Which Mindset Traps Are Influencing My Chart Reading?

Instructions:

Read each statement and circle the answer that most honestly reflects your recent behavior. This is a tool for self-awareness-be honest with yourself.

1. When I miss a big market move, I usually...

- A) Accept it and move on
- B) Feel anxious and try to catch the next move quickly
- C) Enter late just to feel like I didn't miss out

2. Before entering a trade, I typically...

- A) Follow my trading plan and wait for confirmations
- B) Get influenced by what others are doing online
- C) Act on gut feeling if the chart looks "close enough"

3. When reviewing my past trades, I often...

- A) Review based on my strategy and journal
- B) Get stuck thinking about what could've happened if I stayed in longer
- C) Feel regret or self-blame for not predicting better

4. I rely on indicators in my analysis...

- A) As confirmation tools, not decision-makers
- B) Heavily, sometimes adding more to feel secure
- C) I use lots of indicators but still feel unsure

5. During a losing streak, I usually...

- A) Reduce risk and reflect on my process
- B) Trade more to recover losses quickly
- C) Change strategies or try new indicators immediately

Scoring Key:

- Mostly A's: Disciplined & Self-Aware
- Mostly B's: Emotion-Driven Decisions
- Mostly C's: Mindset Traps Active

Next Step:

Download the Mindset Triggers Journal Worksheet or begin a 7-day journaling challenge to identify patterns and triggers affecting your technical analysis.