Twitter Thread by Jordan F■Stock Trader



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Over trading is one of the top reasons I failed for 2 years

Here's how to stop overtrading and get rid of your trading addicition:■

The first key to stop overtrading is establishing a set of rules

Create a set of rules so you know when you SHOULD stop over-trading

It can be based on $ gain/loss or just the amount of trades taken

Either way, there needs to be a written list you can follow

The second key is having a hobby.

Something you can do once you've stopped trading

It could be...

-Working out
-Doing chores
-Talking to a friend
-Writing

As long as you have SOMETHING you can do everyday after trading

It should help you out

I would also suggest getting a trading buddy

A trading buddy is simply another trader (or non-trader) that you can talk to throughout the trading day

Not to talk about trades, but more as a mental coach

Someone who you can text when you're feeling emotional

And they will tell you to get off the computer

Sometimes we just need to hear it from someone else to actually execute

Lastly, I would recommend turning off the screens.

Like literally shutting your computer/monitor off and walking away

You need to PHYSICALLY set yourself apart from the trading scene

Doing this will allow your brain to think about doing something else, rather than trading

To summarize:

1. Have a set of trading rules

2. Have a hobby

3. Find a trading buddy

4. Physically constrain yourself

I hope you enjoyed this mini-thread

Feel free to leave a like + RT ❤■

Have some incredible threads lined up for this week so stay tuned