PSYCHOLOGY TRADE TAG LIST

Standardized journal tags for pattern analysis | Book 3, Chapter 7

Apply one or more tags to every trade in your journal from Day 1. In the Trading Journal Template (Toolkit Tool 3), apply tags in the Psychology Trade Tags section at the bottom of the trade log. At the end of each month, filter by tag to reveal your recurring psychological patterns. Tag-based analysis is more powerful than chronological review.

EXECUTION SCORE (1–5)

Definition	Tag Combination	Score
A-Grade Execution — all criteria met, no failure tags	A-Grade Execution	5
One execution quality tag, no failure tags	Clean Entry or Held to Plan	4
One minor failure tag	Early Exit, Chased Entry, Scaled Exit (E)	3
One major failure tag	Revenge Trade, Moved Stop, Overtraded	2
Multiple psychological failure tags	Two or more failure tags on same trade	1

When both a quality tag and a failure tag are present on the same trade, the failure tag determines the score. A clean entry that ended in an early exit scores 3, not 4.

EXECUTION QUALITY TAGS

● A-GRADE EXECUTION

All 8 checklist fields filled. No deviations. Stop untouched. Held to target. Process perfection regardless of outcome.

A winning trade executed perfectly and a losing trade executed perfectly both receive this tag.

● CLEAN ENTRY

Entry at planned price within acceptable tolerance. No chasing. No hesitation. Checklist complete before clicking.

The entry you planned is the entry you took.

● **HELD TO PLAN**

Target and stop remained as set. No early exit. No moved stop. Let the trade play out.
You trusted the process and let the system work.

PSYCHOLOGICAL FAILURE TAGS

● **FOMO ENTRY**

Entered after the move started. Chased price. Abandoned entry criteria. Entered because the market was moving, not because the setup was valid.
If the reason you entered was "price is going without me," this is a FOMO entry.

● **REVENGE TRADE**

Entered primarily to recover a previous loss. Motivation was financial recovery, not setup quality. Often follows a loss within the same session.
Ask: "Would I take this trade if the previous trade had won?" If not, it is revenge.

● **BOREDOM TRADE**

Entered because nothing was happening, and you needed stimulation. The setup was marginal or C-grade. You talked yourself into it.
The session was slow. You manufactured a reason to trade. The dopamine cycle won. Note: if you completed the pre-session routine, identified no valid setups, and remained at the screen without trading, that is disciplined patience — not a boredom failure. This tag applies only when you entered despite the absence of a valid setup.

● **MOVED STOP**

Stop-loss was moved wider against the trade direction. The original risk increased after entry. Usually driven by the hope that the trade will recover.
If the stop moved further from the entry at any point, this tag applies. No exceptions.

● **EARLY EXIT**

Closed the trade before the target was reached out of fear — either fear of loss (on a winner turning back) or fear of further loss (on a position going against you).
If the exit was planned (structure changed, invalidation hit), it is not early. If it was emotional, it is.

● **OVERTRADED**

Exceeded your session trade limit. Took more trades than your system justified. Often appears alongside boredom trade or FOMO entry.
Count the trades. Compare to your pre-session trade limit. If you exceeded it, this tag applies.

● **FROZE ON VALID SETUP**

A setup that met all checklist criteria was formed, and you did not take it. The failure was inaction, not action. Usually driven by fear of loss or fear of being wrong.

The frozen trader's tag. If you identified a valid setup but did not execute it, log it here.

• MISSED SETUP

A valid setup formed that you did not see or were not present to take. Different from "froze" — you were not at the screen, or your analysis missed it.

Review: Could you have seen this with better preparation? If yes, it is an analysis gap. If no, accept it.

• CHASED ENTRY

Entered at a significantly worse price than planned because you waited too long or panicked after hesitation. Similar to FOMO, but it starts from a valid setup that has degraded.

You had the right idea at the wrong price. The urgency overrode the execution quality.

• IGNORED SETUP

A valid setup was formed that met your checklist criteria, but you consciously chose not to take it for reasons such as a gut feeling, a recent loss, or an unrelated bias. Unlike "froze" (fear-based inaction), this is an active decision to override your system.

Ask: "Did the setup meet my criteria?" If yes, and you chose to skip it based on feeling rather than analysis, this tag applies.

• NEWS PANIC

Closed a position, canceled a pending order, or refused to enter a valid setup because of a news headline or economic release — even though your system does not use news as a filter. Emotional reaction to external noise.

If your system accounts for news (e.g., no trading during NFP), the avoidance is planned, and this tag does not apply. This tag is for when the fear of news overrode a valid setup.

• NEWS/EVENT TRADE

Entered or held a position deliberately around a scheduled news release or economic event — NFP, FOMC, CPI — when your system does not include news-based setups. The trade depended on the event reaction, not your standard criteria.

Different from News Panic, which is a fear-driven exit. This tag is for actively trading the event itself. If your system has defined rules for trading news, it is planned, and this tag does not apply.

POSITION MANAGEMENT TAGS

• SCALED EXIT (PLANNED)

Partial profit taken at a pre-planned structural level, as written in the journal before entry. A disciplined risk management decision.

The exit level was defined before entry. If it was not, this is Scaled Exit (Emotional).

• SCALED EXIT (EMOTIONAL)

Partial profit taken before the structural target, driven by fear of reversal rather than structural invalidation. An emotional decision disguised as "being sensible."

If the exit level was not pre-planned and your motivation was fear of giving back profit, this tag applies.

• PROTOCOL SIZE DEVIATION

Position size differed from the Graduated Sizing Protocol output. Includes both sizing up on conviction (outside A-grade criteria) and sizing down on fear (outside the protocol's drawdown reduction steps).

Compare your actual size to the protocol's prescribed size. Any deviation — up or down — gets this tag.

MONTHLY TAG ANALYSIS

At the end of each month, filter your journal by each tag. Answer these three questions:

1. Which failure tag appeared most frequently? That is your primary psychological weakness this month.

2. What percentage of your trades received the A-Grade Execution tag? That is your process consistency rate.

3. Compare the win rate on A-Grade Execution trades versus all other trades. The gap is the cost of your psychology.