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REVENGE TRADING TRIGGER MAP

*Identify what turns a normal loss into a revenge trade—
so you can stop the cycle before it starts.*



1 WHAT TRIGGERS YOU MOST?

Below are common situations that can trigger revenge trading.
Select the ones that apply to you, then choose your top 3.

- | | |
|--|---|
| ☐ Loss size
(I lost more than expected) | ☐ Unfairness
(The market took me out by one tick) |
| ☐ How I lost
(Stopped out and price reversed) | ☐ Giving back profit
(I was up and gave it back) |
| ☐ Being wrong
(I was convinced this trade would work) | ☐ Need to recover
(I don't want to finish the day red) |
| ☐ Missed opportunity
(I exited and watched it run without me) | ☐ Ego / confidence hit
(I can't believe I made that mistake) |
| ☐ Other: _____ | |

➔ **MY TOP 3 TRIGGERS:**

1. _____ 2. _____ 3. _____

2 RATE YOUR URGE TO TRADE AGAIN

For each of your top 3 triggers, how strong is your urge
to jump back into the market?
(1 = very weak 10 = almost impossible to resist)

Trigger #1: _____

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Trigger #2: _____

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Trigger #3: _____

1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 WHAT'S YOUR DANGEROUS THOUGHT?

Complete the sentence below.

After a loss, I'm most at risk when I start telling myself...

4 WHAT'S YOUR TYPICAL REVENGE BEHAVIOR?

Check all that apply.

- | | |
|---|---|
| ☐ Immediately re-enter | ☐ Take multiple trades |
| ☐ Increase position size | ☐ Ignore stop / risk rules |
| ☐ Lower setup quality | ☐ Hold longer than planned |
| ☐ Jump into another instrument | ☐ Other: _____ |

5 IDENTIFY YOUR RED FLAG

This is the specific signal that tells you: "I'm at risk of revenge trading."



My revenge trading danger signal is:

When _____ and I start thinking _____ ,

(the situation / trigger) (the dangerous thought)

**I know I'm at risk of
revenge trading.**

MY REVENGE RULE – MY PLAN TO BREAK THE CYCLE

When I notice my red flag, BEFORE placing another trade I will:



1. STOP

What will you do
immediately?



2. RESET

How will you calm down
and reset?



3. REFOCUS

What will you do next to get
back to your trading plan?



TOM KNAPEK

“ You can't control every loss.
But you can control what you do next. ”

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