TQ

KEEP THIS AT YOUR DESK

The Circuit-Breaker Card

When the losses land, run this. Do not improvise.

> ***THE TRIGGER***
>
> *Two losing trades taken inside your plan. That is the signal to run the card. Not a feeling. A count.*

S **Stop**

Hands off the mouse. Sit back from the desk. One slow exhale through the nose. The session is paused, not over. Nothing needs to be decided in the next ten seconds.

T **Think**

Stand down for your written cooldown, away from the screens and ideally outside. The stress chemistry from back-to-back losses needs real time to clear before the next decision can be a clean one.

A **Act**

Come back, read your Evaluation Constitution out loud, and only then consider re-engaging. If anything still feels personal or urgent, you are done for the day, and that is a professional decision.

The give-back stop

Separate from losses: if your open profit gives back the limit you wrote in your Constitution, you stop for the day. Protect the cushion. Do not chase it back.

A loss sets off a stress response. The part of your brain that waits for valid setups quiets down, and the part that wants fast action takes over. This card is the rule your calm self leaves for your stressed self.