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The Trader’s Curriculum

by Dr Vee

Insights · Practice · Growth

Weekly evidence-based insights to become the trader you’re meant to be

Why Your Rules Might Be a Cage

Happy Sunday Traders!

This week we address trauma, rigidity, and the case for structured flexibilit

1. LEARN

The “Responsible Trader” Trap

When you take massive losses early on; either by trading your own capital too sc
sizing up too fast or trading without a validated system, your brain treats that finan
hit as a literal threat to survival. To protect us from ever feeling that pain again,

many traders the mind start building a rigid defense mechanism disguised discipline. It repeats a comforting script: *“I’m just being a responsible trader. Th setups aren't perfect enough yet.”* In reality, this isn’t responsibility. It is emotic paralysis hiding behind a noble label. By waiting for a “flawless” trade that doe exist, you ensure you never have to risk being hurt again.

So how do you break a cycle where your mind weaponizes “responsibility” against y Surely not by forcing fear away or waiting for a flawless, anxiety-free setup. Inste you change your relationship with discomfort. This is the core of Acceptance Commitment Therapy (ACT), a mindfulness-based framework developed psychologist Steven C. Hayes. Forged during Hayes’s own battle with severe pa attacks, ACT doesn't try to fix or minimize negative emotions. It assumes that p and uncertainty are inevitable features of human life.

The goal isn't to become fearless; it's to develop *structured psychological flexibility*, capacity to hold difficult feelings while firmly committing to actions that align w your trading rules and what trading performance requires.

2. TRAIN

To bridge the gap between understanding the trap and fixing it, follow this example day-by-day protocol used byt the Market Alchemists to systematically retrain your trading mind this week:

1. Monday: The Thought Audit (Cognitive Behavioral Therapy focus)

- *The Task:* Every time you hesitate, freeze, or skip a valid setup, immediate log the exact automated thought running through your head (e.g., *“If I tal this, it’s going to turn around and stop me out instantly”*).
- *The Shift:* Identify the cognitive distortion. Are you catastrophizing? Are yc fortune-telling? Label it objectively: *“My mind is attempting to predict c unpredictable future to protect me from feeling discomfort.”*

2. Tuesday: Defusion & Micro-Sizing (ACT focus blend)

- *The Task:* Reduce your position size to an absolute psychological minimum (share or 1 micro-lot). Find your next valid system setup.
- *The Shift:* When the automated fear arises, do not attempt to suppress (dispute it. Instead, diffuse from it by stating: *“I am noticing the thought th this trade setup might fail.”* Acknowledge the thought's presence, leave it alon and click the execution button on your micro-size anyway.

Note: You are reading the free preview of our weekly trading psychology playbook. Jo [Market Alchemists](#) to unlocking the rest of this week's playbook.

3. THIS WEEK’S QUESTION

If I knew with absolute certainty that my anxiety, discomfort, and the memory of past financial trauma would never completely go away, how would I execute trading system today?

Pain and purpose are two sides of the same thing... You hurt where you care, and we care where we hurt.

- Dr Steven C. Hayes, American Clinical Psychologist

Continue this week’s lesson

Today's lesson is only the beginning. Continue exploring this week's idea and disco how we help traders build these skills through deliberate practice inside Mar Alchemists.

[**_→ Read More_**]

The Weekly Roadmap

With this week's lesson in mind, it's time to prepare for execution. Explore this wee Weekly Roadmap to identify the higher time frame levels, trend lines, and decisio points that will guide our focus throughout the week.

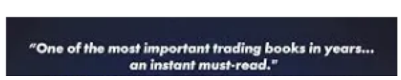
Discover More

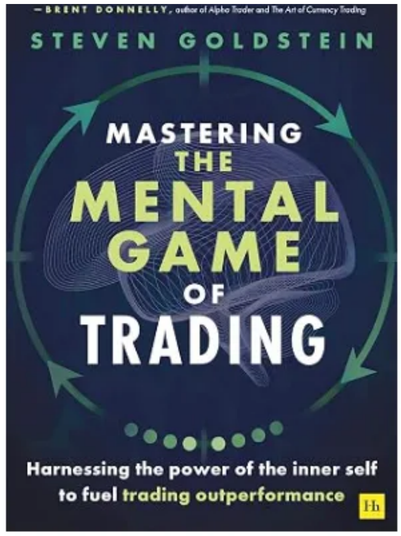
To one lesson at a time,

Dr. Vanessa Charland, PhD
Trading Science Communicator & Human Performance Specialist
Co-Founder of *Market Alchemists*

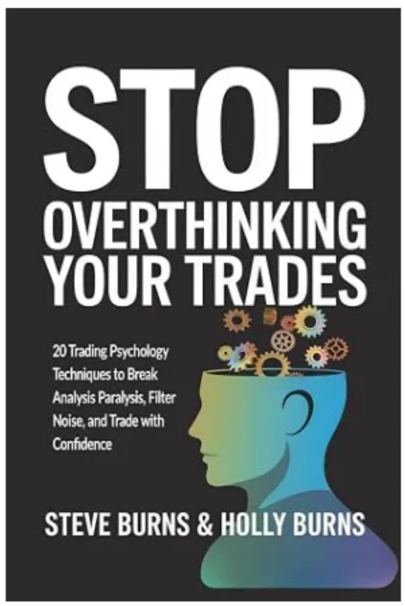
This week’s books recommendations

1. Mastering the Mental Game of Trading: Harnessing the power of the inner sel to fuel trading outperformance.





2. Stop Overthinking Your Trades: 20 Trading Psychology Techniques to Break Analysis Paralysis, Filter Noise, and Trade with Confidence.



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