

BAS EK TRADE AUR.

A short story about compulsive trading



“Ek trade ka reason market mein hota hai.
Doosre ka reason... humare andar.”

1 9:22 AM

Pehla trade liya.
Setup theek tha.
Entry bhi theek thi.

Market opposite
chala gaya.

Stop hit.

-₹1,850

Koi baat nahi.
Losses are
part of trading.

Next trade.



P&L
-₹1,850

2 9:37 AM

Ek aur setup
dikh raha hai.

Perfect nahi hai.
But...

“Move toh
aa raha hai.”

Entry.

Thoda profit.
Phir reverse.
Exit.

-₹2,640

Ab problem loss nahi thi.
Problem woh number tha.

“Aaj galat ho tum.”

P&L
-₹2,640

3 10:05 AM

Market mein kuch
khaas nahi ho raha.
But ab chart chodne
ka mann bhi nahi ho raha.

Ek candle upar.
“Bas. Yahi hai.”

Buy.
Do candles neeche.
Exit.

Phir ek move miss
ho gaya.
“Shit. Yehi toh
lena tha.”

Phir entry. Phir exit.

Ab setups nahi mil rahe the.
Setups banaye ja rahe the.

4 11:12 AM

Finally ek trade chala.
Properly.

+₹1,900...
+₹2,800...
+₹4,100.

Exit.
P&L dekha.

+₹620

Green.
Bas.
Laptop band kar
dena chahiye tha.

Par dimaag ne ek
bahut innocent sa
sawaal poocha—

“Ab momentum
aa hi gaya hai...
ek aur kyun nahi?”

P&L
+₹620

5 BAS EK TRADE AUR.

Trading mein shayad
sabse mehenga sentence.

Kabhi loss recover
karne ke liye.

Kabhi missed move
pakadne ke liye.

Kabhi green day ko
thoda aur green
karne ke liye.

Kabhi sirf isliye...

kyunki market
khula hai.
Aur hum screen ke
saamne baithe hain.

BAS EK
TRADE AUR.

6 COMPULSIVE TRADING

Compulsive trading hamesha
50 trades lena se start
nahi hoti.

Kabhi-kabhi sirf
do trades hote hain.

Pehla trade market
ne diya tha.
Doosra...

pehle trade ne.

MARKET
KA REASON

ANDAR
KA REASON



LOSS



EGO



BOREDOM



FOMO



EXCITEMENT

7 MARKET REASON DE DEGA.

Market har second move kar raha hai.
Har candle kuch na kuch dikha rahi hai.
Agar trade karne ka reason chahiye...

market reason de dega.



BREAKOUT



REVERSAL



SUPPORT



MOMENTUM



CHEAP OPTION



BIG CANDLE



MISSED MOVE



“BAS THODA
CONFIRMATION
AUR...”

Reason ki kami kabhi nahi hogi.
Isliye solution better reason dhoondhna
nahi hai. Kabhi-kabhi solution hai—

KOI REASON MAT DHOONDO.

8 AGALI BAAR...

Agli baar cursor BUY button par ho...
ek second rukna.

Khud se sirf ek sawaal poochna:

“MARKET MEIN KYA BADLA HAI?”

Agar answer kuch aisa hai—

- “Loss recover karna hai.”
- “Move miss ho gaya.”
- “Aaj kuch bana nahi.”
- “Bas ek achha trade mil jaaye.”
- “Green ho jaun phir band.”
- “Thoda aur bana leta hoon.”

...toh market mein shayad kuch nahi badla.

SIRF TUMHARE ANDAR
KUCH BADLA HAI.

BUY

SELL

9 HAR FEELING KO TRADE KI ZAROORAT NAHI.



GUSSA DAR BOREDOM FOMO LAALACH OVERCONFIDENCE

Feelings aayeingi. Jaayengi.
Market rahega.

Har feeling ko trade ki zaroorat nahi hoti.

10 BEST TRADE?

Screen chalti rahegi.
Candles banti rahengi.
Moves tumhare bina bhi aayenge.

Har move tumhara nahi hai.

Aur kabhi-kabhi...
din ka best trade woh hota hai

JO TUMNE LIYA HI NAHI.

Market continued without him.
Nothing needed to be done.

Trade less.
Trade only when
it's worth your peace.

- OPULENT DUENDE