

The Trader's Psychology Profile

Welcome to Your Trading Psychology Assessment

This assessment isn't about what you know; it's about who you are as a trader. Your personality, risk tolerance, and psychological makeup determine your trading success far more than any strategy or system.

Why This Matters: 90% of traders fail because they trade the wrong instrument for their personality. ES traders forced into NQ blowup. NQ traders stuck in ES overtrade. Get this wrong, and no strategy will save you.

Instructions:

- Answer based on your actual behavior, not your aspirations
- Your first instinct is usually most accurate
- Be brutally honest, your account depends on it
- Takes approximately 5-7 minutes to complete

Part A: Decision-Making Under Pressure

Question 1: Position Management

When you see a position moving against you, your first instinct is to:

- A) Wait and analyze whether your original thesis is still valid (3 points)**
- B) Immediately check if you're at your stop loss (2 points)**
- C) Add to the position because “it has to turn around” (0 points)**
- D) Exit immediately, even before your stop (1 point)**

Your Answer: _____

Question 2: Ideal Environment

Your ideal trading environment is:

- A) Calm with time to think through each decision (*3 points*)**
- B) Fast-paced with constant action (*1 point*)**
- C) Moderate pace with clear entry/exit signals (*2 points*)**
- D) Whatever makes the most money fastest (*0 points*)**

Your Answer: _____

Question 3: Post-Win Behavior

After a winning trade, you typically:

- A) Review what went right and move to the next setup (3 points)**
- B) Immediately look for another trade while you're "hot" (0 points)**
- C) Increase size on the next trade (0 points)**
- D) Take a break to avoid overconfidence (2 points)**

Your Answer: _____

Question 4: FOMO Response

When you miss a big move, you:

- A) Note it and wait for the next quality setup *(3 points)*
- B) Chase the move because “it's still going” *(0 points)*
- C) Get frustrated but stick to your plan *(2 points)*
- D) Revenge trade to “make back” the missed opportunity *(0 points)*

Your Answer: _____

Part B: Risk Tolerance & Management

Question 5: Volatility Response

Your reaction to a 50-point NQ move in 2 minutes would be:

- A) Excitement - “This is where money is made!”** *(1 point)*
- B) Anxiety - “This is moving too fast to think”** *(3 points)*
- C) Focused - “I need to manage this carefully”** *(2 points)*
- D) Paralysis - “I don't know what to do”** *(3 points)*

Your Answer: _____

Question 6: Stop Loss Discipline

Your stop loss discipline is:

- A) Iron-clad - never moved, always honored (*3 points*)**
- B) Flexible - I adjust based on “market conditions” (*1 point*)**
- C) Work in progress - honored most of the time (*2 points*)**
- D) What is a stop loss? I use mental stops (*0 points*)**

Your Answer: _____

Question 7: Position Sizing

When it comes to position sizing:

- A) I calculate the exact risk before every trade *(3 points)*
- B) I use the same size for every trade *(2 points)*
- C) I size up when confident, size down when not *(1 point)*
- D) I trade as big as my account allows *(0 points)*

Your Answer: _____

Question 8: Weakness Recognition

Your biggest trading weakness is:

- A) Being too conservative and missing opportunities (3 points)**
- B) Overtrading when bored or emotional (1 point)**
- C) Analysis paralysis - overthinking entries (2 points)**
- D) FOMO and revenge trading (0 points)**

Your Answer: _____

Part C: Learning Style & Adaptation

Question 9: Learning Preference

You learn best through:

- A) Steady, incremental progress with small risks (*3 points*)**
- B) High-pressure situations that force quick adaptation (*1 point*)**
- C) Structured education with clear milestones (*2 points*)**
- D) Trial by fire - throw me in (*0 points*)**

Your Answer: _____

Question 10: Error Response

Your reaction to being wrong is:

- A) Part of trading - I learn and move on (*3 points*)**
- B) Frustrating - I should have seen it coming (*2 points*)**
- C) Motivating - I'll get the next one (*1 point*)**
- D) Infuriating - the market is rigged (*0 points*)**

Your Answer: _____

**Calculate
Your Score**

Part A Total: _____ points
Part B Total: _____ points
Part C Total: _____ points

**Your Total Score:
_____ points**

**Your Trading
Personality Profile
Starts Next**

25-30 Points: ES/MES Personality - The Strategic Trader

Your Psychological Profile

You possess the patience and discipline of a professional trader. You understand that wealth is built slowly and consistently, not through home runs. Your analytical nature and emotional control make you ideal for methodical, lower-volatility trading.

Why ES/MES Is Your Perfect Match

Pace Alignment: ES moves at 40-80 points daily, giving you time to think

Risk Management: Your conservative nature aligns with ES's steadier movements

Decision Time: 5-10 seconds to decide vs. NQ's split-second requirements

Emotional Fit: Less likely to trigger fear or greed responses

Success Probability: 70% higher success rate when personality-matched

Your Optimal Progression Path

Month 1-3: MES Foundation

- Start with 1-2 MES contracts
- Risk \$50-100 per trade maximum
- Focus on process over profits
- Build the “boring” habits that create wealth

Month 4-6: Scaling Phase

- Increase to 3-5 MES contracts
- Maintain the same risk percentage
- Track consistency metrics
- Prepare for mini transition

Month 7+: ES Transition

- Move to 1 ES contract only after 6 months
- Never trade more than 2 ES initially

- Your patience is your edge—protect it

Critical Success Factors

- ✓ Embrace “boring” as profitable
- ✓ Never chase excitement with size
- ✓ Focus on win rate over home runs
- ✓ Compound slowly but surely

Warning Signs You're Off Track

- Feeling bored and checking NQ prices
- Taking trades outside your plan for “action”
- Increasing size without valid reasons
- Comparing returns to NQ traders

Remember: Warren Buffett got rich by being boring. Fast money becomes lost money.

15-24 Points: Hybrid Personality - The Adaptive Trader

Your Psychological Profile

You have traits of both conservative and aggressive traders. This can be an advantage if managed properly, or a disaster if you don't commit to one approach. You need structure but can handle moderate excitement.

Why Micro Contracts Are Essential (Initially)

Testing Ground: Discover your true personality with real money

Low-Cost Education: Learn whether you're truly ES or NQ

Flexibility: Trade both to find your fit

Risk Control: Mistakes won't devastate your account

Your Optimal Progression Path

Month 1-2: Discovery Phase

- Trade both MES and MNQ (different days)
- 1 contract only, document everything
- Track comfort level, not just profits
- Note which feels “right”

Month 3: Decision Time

- Choose the primary instrument based on:
 - Comfort level (40% weight)
 - Profitability (30% weight)
 - Rule adherence (30% weight)
- Focus 80% on the chosen market

Months 4-6: Specialization

- Trade only your chosen micro

- Scale from 1 to 3-5 contracts
- Build expertise in one market
- Resist the temptation to switch

Your Unique Challenge

You must choose ONE primary market by Day 90. Trading both long-term leads to mediocrity in each. The market doesn't reward generalists.

Success Metrics to Track

- ✓ Which market has a higher win rate?
- ✓ Where do you follow rules better?
- ✓ Which causes less stress?
- ✓ Where are losses smaller?

Critical Decision: By Month 3, you must identify as either an ES or NQ trader. Fence-sitting is account suicide.

8-14 Points: NQ/MNQ Personality - The Momentum Trader

Your Psychological Profile

You thrive on action and quick decisions. Slow markets make you dangerous—you'll manufacture action through overtrading. You need speed to stay focused, but lack the discipline for large size (yet).

Why MNQ First (NOT NQ!)

Survival Mode: NQ will blow up your account before you develop discipline

Same Speed: MNQ provides the action you crave

Lower Stakes: Mistakes cost \$200, not \$2,000

Skill Building: Learn to handle speed without size pressure

Your Mandatory Training Program

Month 1-2: MNQ Boot Camp

- Maximum 1-2 MNQ contracts
- Hard stops only (no mental stops)
- Trade only the first 2 hours
- Document every emotional trade

Month 3-4: Discipline Development

- Focus on stop loss compliance
- Track revenge trading frequency
- Increase to 3-5 MNQ only if disciplined

Month 5-6: Evaluation Phase

- Must achieve 30 days without revenge trading
- 95% stop loss compliance required
- Consistent position sizing for 60 days

Your Unique Risks

- ⚠️ Revenge trading tendency 3x higher
- ⚠️ Position sizing discipline crucial
- ⚠️ Account blow-up risk without stops
- ⚠️ Overtrading when market is slow

Non-Negotiable Rules for Survival

1. Never trade NQ until 6 months profitable with MNQ
2. Hard stops are placed with every order
3. Maximum 2% risk per trade forever
4. Walk away after two losses (circuit breaker)
5. No trading during lunch (slow) hours

Truth: Your personality can create massive profits or massive losses. Discipline determines which.

0-7 Points: Danger Zone - Foundation Required

Your Current Reality

Your psychological profile indicates critical gaps in trading fundamentals. This isn't about intelligence—it's about having the mental framework for survival. You're bringing a knife to a gunfight.

Why You Must Stop Trading (Temporarily)

Revenge Trading: Your primary response to loss

No Risk Control: Position sizing is “whatever feels right”

Emotional Decisions: Trading based on feelings, not rules

Learning Style: Incompatible with market realities

Your 90-Day Foundation Program

Days 1-30: Education Phase

- Paper trade only (no exceptions)
- Read “Trading in the Zone” by Mark Douglas
- Document 100 paper trades
- Build written trading rules

Days 31-60: Simulation Phase

- Continue paper trading
- Follow rules for 30 consecutive trades
- Track emotional responses
- Develop a pre-market routine

Days 61-90: Evaluation Phase

- Assess rule compliance percentage
- Review emotional control progress

- Consider micro contracts only if:
 - 95% rule compliance achieved
 - No revenge trading for 30 days
 - Position sizing understood

Requirements Before Trading Real Money

- ✓ 30 consecutive trades following rules
- ✓ Written trading plan (minimum 5 pages)
- ✓ Position sizing mathematics mastered
- ✓ Stop loss discipline demonstrated
- ✓ Accountability partner identified

Important: This isn't failure—it's thoughtful preparation. Every professional trader started here. Building a foundation first saves accounts and careers.

Your Personal Action Plan, Immediate next steps based on your score of _____ points:

Success Metrics to Track:

- Complete personality-matched progression
- Establish a consistent routine
- Document all trades
- Focus on process, not profits
- Build foundation habits

Week 1 Actions:

- Open an appropriate account for your level
- Create written rules based on the profile
- Begin tracking journal
- Set risk parameters

Final Thoughts: The Truth About Trading Success

Your personality assessment score isn't a limitation; it's a roadmap. The most successful traders aren't the smartest or bravest. They're the ones who understand themselves and trade accordingly.

- ES traders who accept their conservative nature build wealth slowly but surely.
- NQ traders who respect their need for action but control their risk can become highly profitable.
- Hybrid traders who commit to one path find their edge.
- Foundation builders who take time to prepare survive when others fail.

The market will expose your psychological weaknesses with mathematical certainty.

This assessment helps you protect against yourself, your most dangerous enemy in trading.

Your Commitment

Initial here to acknowledge your assessment results and commit to your appropriate path:

“I understand my trading personality type and commit to following the progression path designed for my psychological profile. I will not trade instruments that don't match my personality, regardless of what others are doing.”

Initials: ____ Date: ____



THE
TRAPPED
TRADER

by [unreadable]

*© 2025 - The Trapped Trader
LLC*

Assessment methodology
inspired by established
trading psychology principles

Find Your Perfect Futures
Contract

*"A Scientific Assessment to
Match Your Trading
Personality with ES, NQ, or
Micro Futures"*