

DTR TRADER RESEARCH LIBRARY

The DTR Mood-Based Trading Audit

Identify which emotional state is actually running the account.

PURPOSE

Traders whose rules change when they are green, red, bored, or frustrated.

FORMAT

Research note, protocol, and field worksheet.

USE

Print before the session. Mark up after execution.

Why mood is an account risk

Many traders think they have one strategy. In practice, they have three: green strategy, red strategy, and bored strategy.

The rules must work in every emotional state or they are not rules yet.

Audit the three states

When green, look for size increases, lower-quality setups, skipped review, invincible thinking, or trading because you have room.

When red, look for rushed entries, moved stops, chasing, ignored daily loss, or trading to feel better.

When flat, look for boredom trades, quiet-market overtrading, invented setups, or pressure to make the day count.

The mood rule

Write one rule for each mood: when green I will X; when red I will Y; when flat I will Z.

The rule should be obvious enough that you can follow it while the mood is active.

Worked example

A trader behaves well when flat but adds size after two wins. Their risk problem is actually a green-state problem.

The rule becomes: after two wins, no size increase and one more trade maximum.

Operating note

A brief only matters if it changes the next decision under pressure.

Keep this document close enough to use before the trade, not after the damage is already visible in the account.

The standard is simple: fewer explanations, cleaner rules, and written evidence that your behavior is becoming more repeatable.

Field Notes

When green, I usually:

When red, I usually:

When flat, I usually:

The state that creates the most damage is:

The rule for that state is:

References behind this framework

- **Day trading survival math.** Barber, Lee, Liu, Odean, and Zhang find that aggregate day-trader performance is negative and estimate that 97% of day traders are likely to lose money in the future.
[Learning Fast or Slow? SSRN](#)
- **Loss aversion under pressure.** Prospect theory explains why losses often change behavior more than equivalent gains. That is the psychological root of revenge trading, stop-moving, and payout fear.
[Kahneman and Tversky, Prospect Theory](#)
- **Trader self-coaching.** Brett Steenbarger's work frames trading performance as a process of structured self-observation, concrete goals, and daily behavioral change.
[Wiley, The Daily Trading Coach](#)
- **Mental-game execution.** Jared Tendler's trading psychology work treats tilt, fear, revenge, and confidence as repeatable performance leaks that need correction systems, not motivation.
[Jared Tendler, The Mental Game of Trading](#)
- **Prop-firm benchmark reality.** Public prop-firm estimates vary widely. Some industry roundups cite 5-10% pass rates and about 7% receiving payouts; harsher payout-rate estimates are far lower. The honest move is to cite the benchmark used.
[QuantVPS prop firm statistics](#)
- **DTF internal launch-to-date snapshot.** Production data checked May 17, 2026: DTF's launch-to-date approved-or-better payout account rate benchmarks roughly 3x above the low-end public prop-firm payout estimate. The useful proof is the rate, not raw volume.
[DTF production data snapshot](#)