

Template: Trading Psychology Strategy Evaluation Worksheet

Generated: 7/24/2026

Based on Article: "The Impact of Trading Psychology on Strategy Evaluation"

Website: <https://nairafx.ng>

A practical worksheet to help traders evaluate their strategies by considering the impact of trading psychology. This tool encourages disciplined analysis and helps identify emotional influences on trading decisions.

Checklist Items:

- ☐ **1. Review Trading Journal**
Analyze your trading journal entries for patterns in execution, emotions experienced, and outcomes. Focus on documenting entries, exits, spreads, slippage, and feelings associated with each trade.
Reference Section: Common psychology mistakes that distort strategy evaluation
- ☐ **2. Evaluate Sample Size**
Assess performance over a meaningful number of trades rather than reacting to recent wins or losses. This helps avoid recency bias and promotes a clearer view of the strategy's effectiveness.
Reference Section: How disciplined traders read the same evidence
- ☐ **3. Assess Losses Separately**
Distinguish between the quality of the trading setup and the execution during losses. This helps to mitigate loss aversion by recognizing that not every loss indicates a failure of the strategy.
Reference Section: Common psychology mistakes that distort strategy evaluation
- ☐ **4. Change One Variable at a Time**
When making adjustments to your strategy, alter only one variable (entry, stop, size) at a time and document the reasons. This minimizes impulse trading and clarifies the impact of each change.
Reference Section: Common psychology mistakes that distort strategy evaluation
- ☐ **5. Maintain Consistent Position Sizing**
Keep position sizes consistent while testing your strategy to avoid overconfidence. This will help ensure that results reflect the strategy rather than emotional reactions to wins or losses.
Reference Section: Common psychology mistakes that distort strategy evaluation
- ☐ **6. Identify Emotional Triggers**
Reflect on your emotional responses during trades (fear, greed, impatience) and how they may have influenced your decision-making. This awareness can help you manage emotional risks better.
Reference Section: How trader behavior influences strategy results in real life
- ☐ **7. Plan for Volatile Conditions**
Prepare for potential changes in market conditions (e.g., widening spreads, low liquidity) and how these might affect your trading psychology. Establish rules for maintaining discipline in these scenarios.
Reference Section: What Nigerian traders should watch for in volatile markets
- ☐ **8. Conduct Regular Strategy Reviews**
Schedule periodic reviews of your trading strategy to assess its performance and alignment with market conditions. Use evidence from your journal to inform these evaluations and avoid emotional conclusions.

Reference Section: How this topic fits into the wider trading psychology cluster