

EMERGENCY PROTOCOL QUICK-CARDS

Print double-sided. Tape next to your monitor. Read in under 20 seconds.

Six cards. Six scenarios. Each card follows the same format: TRIGGER → IMMEDIATE ACTION → RECOVERY → PREVENTION. When something is going wrong, you will not have time to read prose. Use these.

⚡ **MAX DAILY LOSS HIT**

Trigger: You have hit your maximum daily loss limit.

IMMEDIATE ACTION (do this NOW):

1. Close ALL open positions immediately.
2. Log off your trading platform.
3. Do not re-open for the rest of the session.

RECOVERY STEPS:

- Review trades post-session only.
- Identify if loss was one bad trade or gradual bleed.
- Rest before any analysis.

PREVENTION:

Set a hard daily loss alert in your platform before every session.

⚡ INTERNET FAILURE MID-TRADE

Trigger: Your internet drops while a trade is open.

IMMEDIATE ACTION (do this NOW):

1. Switch to mobile hotspot immediately.
2. Log in via broker mobile app and check trade status.
3. If SL is set, leave it — do not panic-close without seeing the chart.

RECOVERY STEPS:

- Check if SL was triggered.
- Note entry/exit for the journal.
- Test backup connection before next session.

PREVENTION:

Always place stops server-side. Keep mobile app logged in and charged.

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⚡ UNEXPECTED NEWS EVENT

Trigger: High-impact news fires while you are in a trade.

IMMEDIATE ACTION (do this NOW):

1. Do NOT react to the first spike — wait 30 seconds.
2. If SL not yet hit, assess direction of move vs. your position.
3. If move is clearly against you and accelerating, close manually.

RECOVERY STEPS:

- Check TradingView Economic Calendar — note what you missed.
- Journal the event and your response.
- Adjust pre-market prep for next session.

PREVENTION:

Check TradingView's Economic Calendar every session before entry.

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⚡ EMOTIONAL TILT

Trigger: You have just taken a loss and feel the urge to re-enter immediately.

IMMEDIATE ACTION (do this NOW):

1. Close your trading platform.
2. Stand up and move away from your screen for 10 minutes.
3. Do not open the platform again for at least 30 minutes.

RECOVERY STEPS:

- Review the losing trade objectively after 1 hour.
- Note whether the setup was valid or impulsive.
- Resume only if the next setup passes the full checklist.

PREVENTION:

One loss in a session = mandatory 30-minute break. Learn more: Book 3, Chapter 5.

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⚡ **DRAWDOWN RECOVERY**

Trigger: You are in a losing streak of 3+ consecutive losing days.

IMMEDIATE ACTION (do this NOW):

1. Reduce position size to 0.5% risk per trade.
2. Trade only A-tier setups (5+ confluence points).
3. No more than 1 trade per day until back to breakeven.

RECOVERY STEPS:

- Return to full size only after 5 consecutive winning days at reduced size.
- Review backtesting data to check strategy fit.
- Update journal with streak analysis.

PREVENTION:

Review backtesting data — check if current market regime matches your strategy.

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⚡ THE NUCLEAR OPTION

Trigger: Nothing is working — losses mounting across multiple weeks.

IMMEDIATE ACTION (do this NOW):

1. Stop trading live immediately.
2. Move to demo or sim for a minimum of 3 weeks.
3. Do not return to live until 3 weeks of consistent demo results.

RECOVERY STEPS:

- Full strategy review with a mentor or accountability partner.
- Revisit Books 1 and 2 fundamentals.
- Rebuild confidence through process, not P&L.

PREVENTION:

Journal every trade — patterns of failure emerge before losses compound.

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