# March 25, 2026 (-$22.50) | Overconfident

By natemadden1994 · March 26, 2026

> **TL;DR**
>
> On March 25, 2026, the author experienced a challenging trading day, ultimately losing $22.50 across four trades. The day was marked by overconfidence and revenge trading, leading to poor decisions despite initial success. This post serves as a reminder of the importance of adhering to trading rules and managing emotions.

March 25, 2026 (4 Trades) (-$22.50)

| | | | |
|---|---|---|---|
| Total Winnings (Fees Included) | $31.75 | Symbols Traded* | 1 |
| Total Losses (Fees Included) | $-58.25 | Max Consecutive Winning | 2 |
| Net P&L (Fees Included) | $-26.50 | Max Consecutive Losing | 2 |
| Profit Margin | -83.46% | Avg Position Amount* | 1.00 |
| Commissions | $4.00 | Avg Position Cost* | $6,651.88 |
| Reg Fees | $0.00 | Largest Win | $30.25 \| 0.09% |
| Total Fees | $4.00 | Largest Loss | $-42.25 \| -0.12% |
| Gross Profit (Fees NOT Included) | $-22.50 | Avg Win | $15.88 \| 0.05% |
| Avg Daily P&L | $-26.50 | Avg Loss | $-29.12 \| -0.08% |
| Total \| Closed \| Open* | 4 \| 4 \| 0 | Avg Trade Duration | 1 Mins 53 Secs |
| Total Winners | 2 \| 50.00% | Avg Win Duration | 1 Mins 58 Secs |
| Total Losers | 2 \| 50.00% | Avg Loss Duration | 1 Mins 48 Secs |
| Total Scratches | 0 \| 0.00% | Avg Scratch Duration | - |

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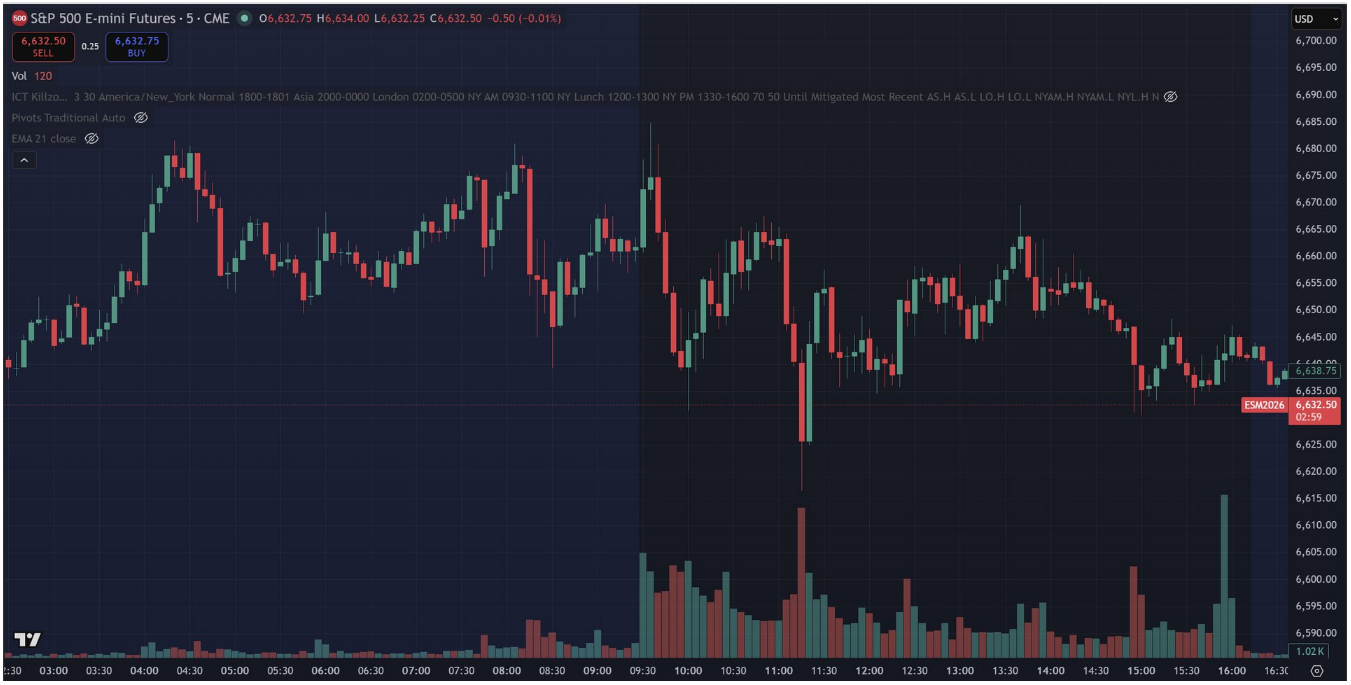
|---|---|---|---|---|---|---|---|---|---|---|
| Mar 25, 2026 | Future | MESM26 | TradeStation | Futures | No Set Up, Revenge Trading, +1 | Long | 1 | $6,640 | 0.09% | $30 |
| Mar 25, 2026 | Future | MESM26 | TradeStation | Futures | Fighting The Trend, No Set Up, +1 | Long | 1 | $6,641 | 0.01% | $2 |
| Mar 25, 2026 | Future | MESM26 | TradeStation | Futures | Fighting Price Action, No Set Up, +1 | Long | 1 | $6,646 | -0.05% | $-16 |
| Mar 25, 2026 | Future | MESM26 | TradeStation | Futures | Bias, FOMO, +1 | Long | 1 | $6,680 | -0.12% | $-42 |

Day Summary: So today was an interesting day. I took a 2 MES long on the funded on the 9:37 wick (grey oval on Trade 3 & 4 photo), which was a great entry for the current price action (8:30am on), but now looking at the 5 Min - ES chart (see below), I can see that we had actually been ranging all night, so holding long into the highs wasn't a great idea. However, I was very confident in this trade, and although it was tough to hold through, the recovery of the 9:41am candle made me overconfident; to the point where I just said fuck the set up and an entry and marketed in 1 MES on my live. That turned out to be a bad decision and is just a reminder that I need to remember that every trade can always be wrong, even if I feel as though I'm right. I, thankfully, stopped out quickly of that trade but that gut punch (especially going from +$110 on the funded looking for a winning day, to taking a loser just a couple minutes later) set me off and caused me to revenge trade for the rest of the morning. I was lucky to have minimized the damage on my last trade of the day but it was unnecessary risk and I was fighting the trend. Lucky is what it was. Just goes to show how quickly your emotions can change in this game and why it is so important to follow your rules to prevent you from blowing up on a day like today.

DAILY - ES


5 MIN - ES




TRADES

Trade 1 - Long 1 MES @ **FOMO + Overconfident + Bias + No Setup**

Grade: D


1. no set up - bad
2. overconfidence led to a FOMO entry
3. trading in the direction of current price action which is good at least, but failed to see we had been ranging all night
4. stopped out pretty quickly on this trade which is good at least, although my planned stop was a break below 6675.75 so actually it was not good
5. this should have been a breakout or bailout trade and I knew that going in but did not stick to the plan

Trade 2 - Long 1 MES @ **Revenge Trading + Fighting Price Action + No Setup**

Grade: D-


1. fighting price action - bad
2. revenge trading - emotional from Trade 1 - bad
3. no set up - bad
4. cut my loss quickly on this trade because I knew I was forcing it - only good takeaway

Trade 3 - Long 1 MES @ **Revenge Trading + Fighting The Trend + No Setup**

Grade: D


1. risky
2. broke 2 loss and done rule - bad habit - not good
3. fighting the trend - bad
4. no set up - bad
5. lucky this didn't dump straight through
6. breakeven stop was smart at least because I knew I was forcing it

Trade 4 - Long 1 MES @ **Tilt + Revenge Trading + No Setup + Fighting The Trend**

Grade: D


1. again, risky and got lucky
2. this could have flushed right through and stopped me out quick
3. fighting the trend - bad
4. no set up - bad
5. revenge trading/tilt - bad
6. took profits and ran after the pullback - good idea
7. shut it down after minimizing the damage before making it worse - best takeaway of this trade haha

## FAQ

### What happened on March 25, 2026?

The author lost $22.50 over four trades, primarily due to overconfidence and emotional decision-making.

### What was the main reason for the losses?

The losses were largely attributed to overconfidence, revenge trading, and failing to follow a proper trading setup.

### How did the author feel during the trading day?

The author felt confident initially but became emotional after a loss, leading to poor trading decisions.

### What lessons were learned from this trading day?

The author emphasized the importance of sticking to trading rules and managing emotions to avoid unnecessary risks.

### What was the final outcome of the trades?

The author managed to minimize losses on the last trade but acknowledged that the day was overall unsuccessful.