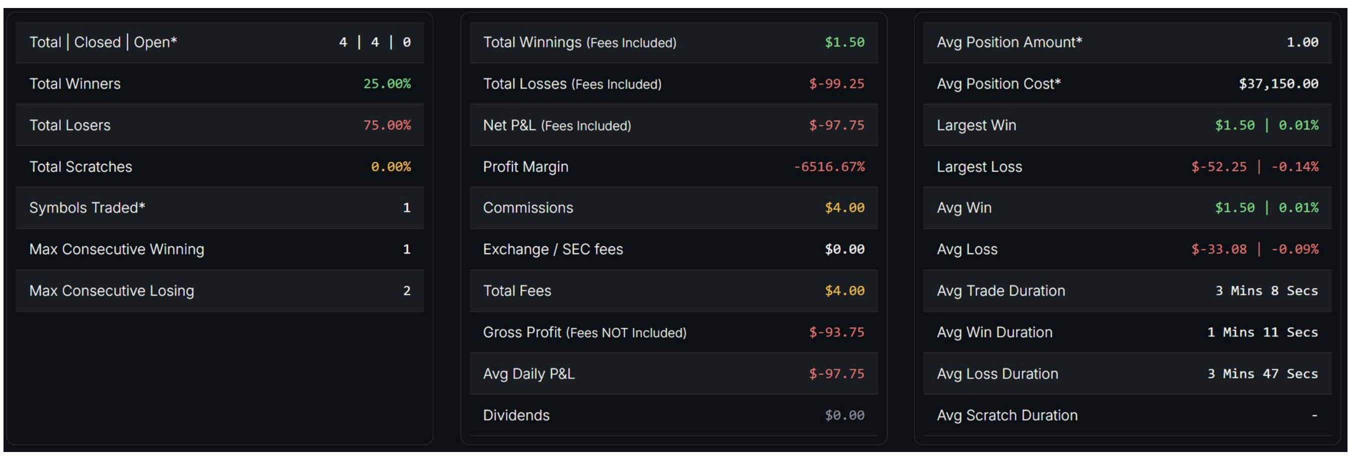
May 21, 2026 (-$93.75) | New Lows

By natemadden1994 · May 22, 2026

TL;DR

On May 21, 2026, the author experienced a challenging trading day, recording a loss of $93.75 across four trades. Despite following their trading rules, frustration mounted as they faced consecutive losses, leading to a lack of confidence and forced trades. The author emphasizes the importance of adhering to their trading system moving forward.

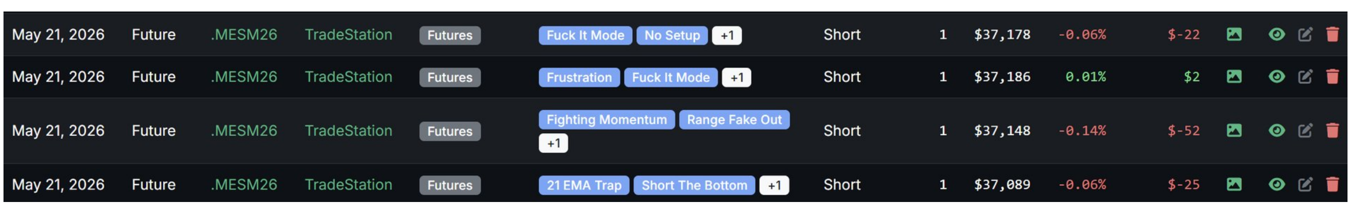
May 21, 2026 (4 Trades) (-$93.75)



Total | Closed | Open*	4 | 4 | 0
Total Winners	25.00%
Total Losers	75.00%
Total Scratches	0.00%
Symbols Traded*	1
Max Consecutive Winning	1
Max Consecutive Losing	2

Total Winnings (Fees Included)	$1.50
Total Losses (Fees Included)	$-99.25
Net P&L (Fees Included)	$-97.75
Profit Margin	-6516.67%
Commissions	$4.00
Exchange / SEC fees	$0.00
Total Fees	$4.00
Gross Profit (Fees NOT Included)	$-93.75
Avg Daily P&L	$-97.75
Dividends	$0.00

Avg Position Amount*	1.00
Avg Position Cost*	$37,150.00
Largest Win	$1.50 | 0.01%
Largest Loss	$-52.25 | -0.14%
Avg Win	$1.50 | 0.01%
Avg Loss	$-33.08 | -0.09%
Avg Trade Duration	3 Mins 8 Secs
Avg Win Duration	1 Mins 11 Secs
Avg Loss Duration	3 Mins 47 Secs
Avg Scratch Duration	-



May 21, 2026	Future	.MESM26	TradeStation	Futures	Fuck It Mode, No Setup, +1	Short	1	$37,178	-0.06%	$-22
May 21, 2026	Future	.MESM26	TradeStation	Futures	Frustration, Fuck It Mode, +1	Short	1	$37,186	0.01%	$2
May 21, 2026	Future	.MESM26	TradeStation	Futures	Fighting Momentum, Range Fake Out, +1	Short	1	$37,148	-0.14%	$-52
May 21, 2026	Future	.MESM26	TradeStation	Futures	21 EMA Trap, Short The Bottom, +1	Short	1	$37,089	-0.06%	$-25

Day Summary: After following my rules since my tilt day on Monday, I felt like I was owed results today. And to go 0-2 again, just to watch my second trade play out not long after getting stopped out, yet again, was very very frustrating. To top it off, those two losses brought me below my minimum margin requirement to open even 1 MES contract. So that was the real hit on my emotions today. I actually was able to open up another trade, after getting rejected on a few orders so not sure how that happened, but they were just complete force trades. No plan, and just loss some more for no reason. I really don't know where to go from here after finishing 2025 so strong. Follow rules and keep trading my system is the only option. Added $200 to my account today. That right there just shows my lack of confidence at the moment, so it is really time to go full force on the process alone and let whatever happens speak for itself.

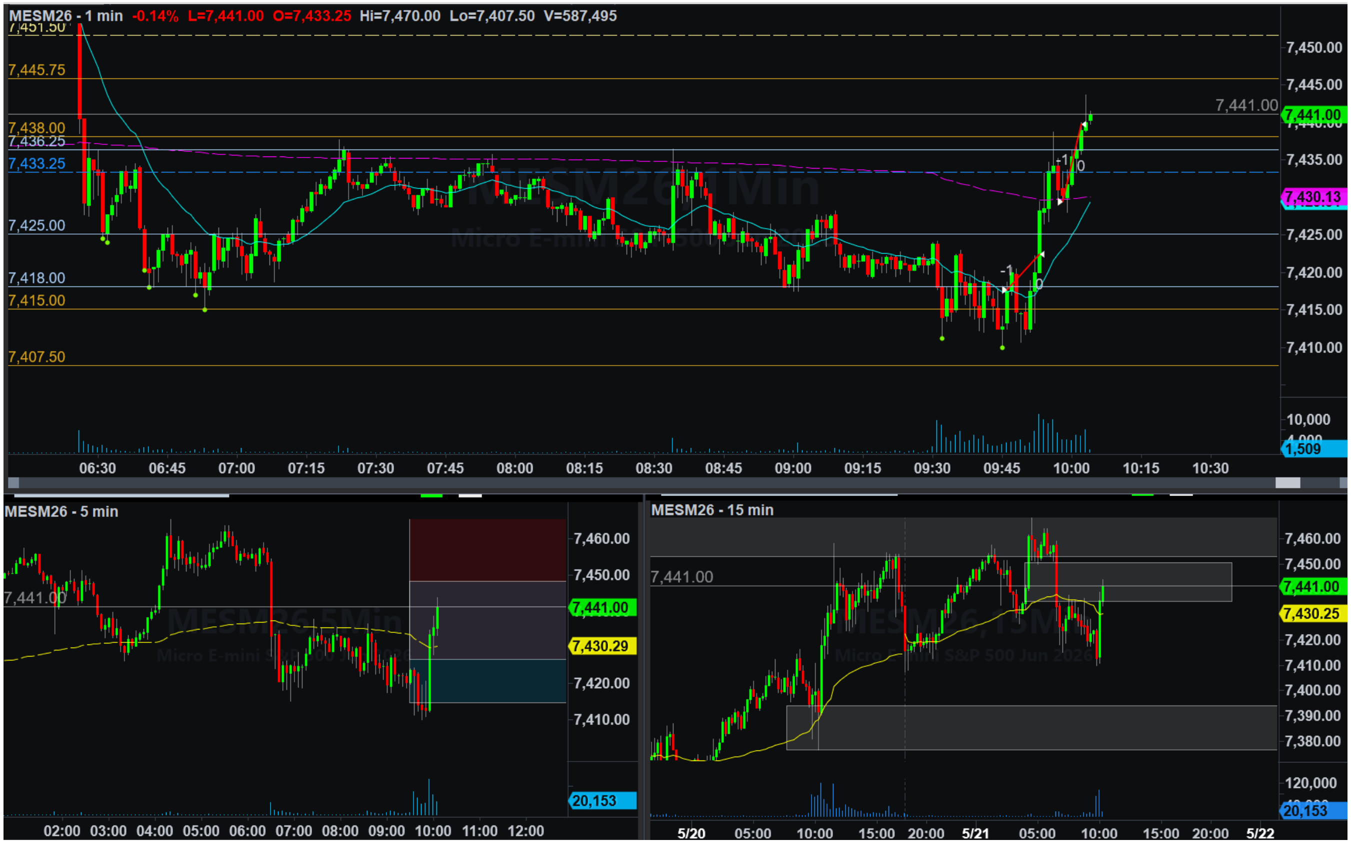
DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ **21 EMA Trap + Short The Bottom + Trend Continuation**

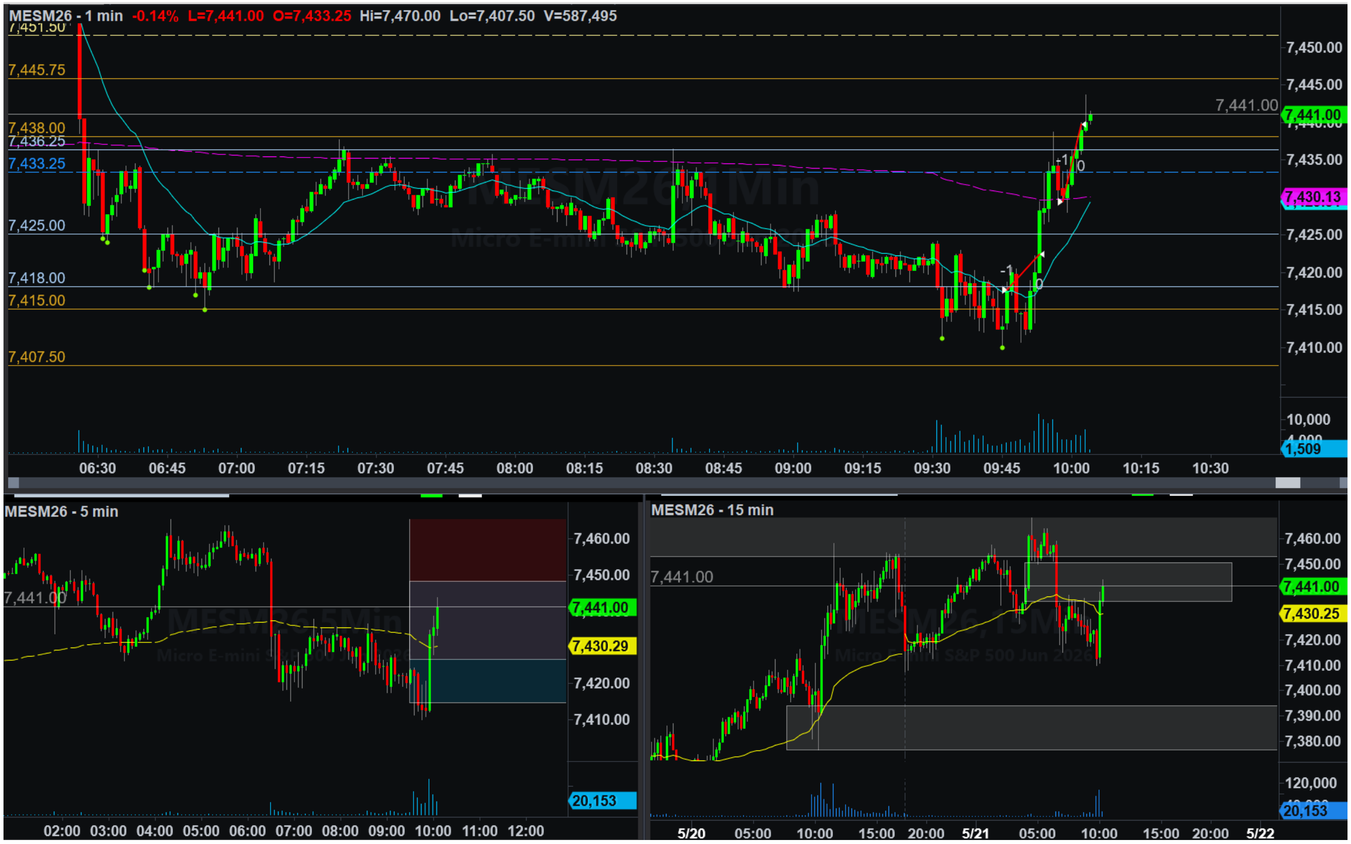
Grade: B



1. trading with the trend - yes - good
2. playbook set up - yes - but subpar - not ideal
3. entry at 21 + key level + 1 min highs - good
4. stopped out where I was supposed to
5. this is not a bad trade here - good R, set up, trend, etc

Trade 2 - Short 1 MES @ "**Range Faeout" + Bias + Fighting Momentum + FOMO Entry**

Grade: C



1. intuition trade based on 15 min FVG + 30 min equilibrium + FOMO
2. technically right idea wrong timing, story of my life recently lol
3. fighting momentum - bad
4. FOMO entry - bad
5. subpar set up - bad
6. thinking about the money - bad

Trade 3-4 - Short 1 MES @ Test LOL

1. both trades 3 and 4 were just forced because of margin dispute (see above)
2. no reason to take these trades, although I did stop the high on Trade 4 right before a big drop to 4712.00 lmaooo

FAQ

What happened on May 21, 2026?

The author faced a difficult trading day, resulting in a loss of $93.75 across four trades.

Why did the author feel frustrated?

The author was frustrated due to consecutive losses and being stopped out of trades, which affected their confidence.

What is the author's plan after this trading day?

The author plans to focus on following their trading rules and system to regain confidence and improve performance.

How did the losses impact the author's trading account?

The losses brought the author below the minimum margin requirement to open new contracts, intensifying their emotional struggle.

What trades did the author make on this day?

The author made four trades, with varying degrees of success, but ultimately faced losses due to poor timing and forced entries.