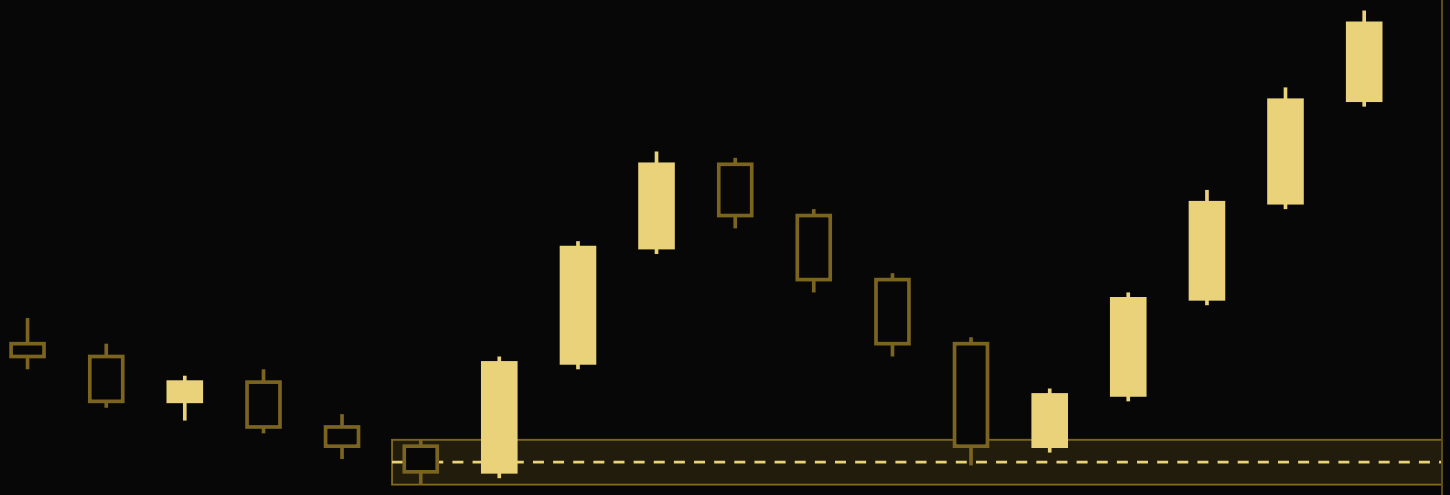
STOCKSWITTRE

THE MIDLINE METHOD

A Step-by-Step System for the Emotional Trader



FUTURES TRADING EDUCATION · STOCKSWITTRE LLC

READ BEFORE YOU TRADE

Futures Trading Risk Disclosure

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Everything in this book is general education about one trader's personal approach. It is **not financial advice**, and it is not a recommendation to trade. If you choose to use any idea in this book, you do so entirely at your own risk.

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Practice first. Use a simulated (paper trading) account or replay mode until you can follow every rule in this book consistently before risking real money.

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Introduction: Built for the Emotional Trader

If you've ever known the right move and done the opposite, this book is for you.

Most traders don't lose because they lack information. They lose because, in the moment, a feeling makes the decision. Fear moves the stop. Greed skips the exit. Boredom takes a trade that isn't there. Frustration takes a second trade to win back the first.

The Midline Method is built to take those decisions away from you. It's a short list of steps that must happen in order. If a step hasn't happened, there's no trade. If all the steps have happened, you take the trade with a fixed stop and a fixed target, and when the trade is over, your day is over.

The rules are simple on purpose. Simple rules are easy to check, and rules you can check are hard to argue with when your emotions are running high.

What's inside

- **Part 1** explains the problem this strategy solves and sets up your charts, your contract (Micro E-mini Nasdaq-100, MNQ), and the points-and-dollars math.
- **Part 2** walks through the six steps one at a time, with diagrams: the big move with a break of structure and a fair value gap, the zone, the midline, the tap, the 5-minute confirmation, and the exit plan.
- **Part 3** covers the discipline that makes the steps work: patience, greed, losing days, and when to add size.
- **Part 4** is the real trade journal: twelve Nasdaq trading days with the original chart screenshots and notes, wins and losses alike.
- **Part 5** gives you the tools: a pre-trade checklist, a journal worksheet, and a one-page cheat sheet.

> **AN HONEST PROMISE**
>
> This book won't promise you profits. Nobody honestly can. What it gives you is a structure that removes the decisions emotions usually ruin, plus a real record of what happens when the rules are followed and when they're broken.

Read the whole book once. Then practice the steps in replay or on a simulated account until following them feels boring. Boring is the goal.

September 11

Morning trade, around 6:30 a.m. · MNQ

Win · full target



1-hour



15-minute

IN MY WORDS

"Went almost 45 points against me before it worked, for a full win. If you keep the stop where it belongs, there's no worrying about the stop loss."

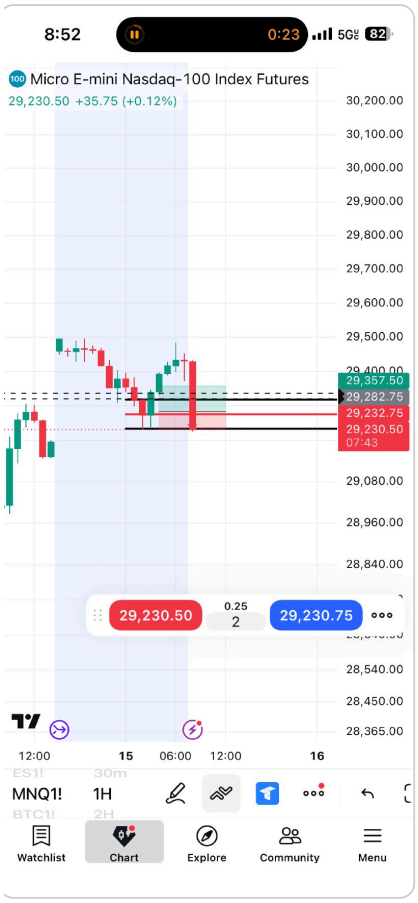
THE LESSON

The trade went almost 45 points against the entry before it paid. Because the stop sat at 200 on the position tool (50 points), the plan had room to breathe. A tighter, emotional stop would have turned a winner into a loss. Set the stop where the rules put it and leave it there.

September 15

Morning trade · MNQ

Loss · full stop



1-hour



15-minute



5-minute

IN MY WORDS

"Full stop-loss hit. Biggest thing here: no break of structure, and not waiting for the 5-minute to do its job. Gotta be patient. When back testing, check whether I should wait for the 5-minute closure or the 3-minute."

THE LESSON

Two rules were skipped at once: there was no break of structure, so the zone was never valid, and the entry came before the 5-minute candle closed. No BOS means no trade, however good the chart looks.

S T O C K S W I T T R E

End of the free sample

The full book has all 16 chapters: the six steps explained in detail with diagrams, exactly how to set up your charts and exits, all twelve real trading days, and the checklist, journal worksheet, and cheat sheet.

Get the full book at stockswittre.com

Not financial advice. Futures trading involves substantial risk of loss and is not suitable for every investor. © 2026 Stockswittre LLC.