

BTST

By ANT

BUY TODAY • SELL TOMORROW



BUY TODAY



SELL TOMORROW



3:15 PM
ENTRY

PROFIT
OR
LOSS?

9:20 AM
EXIT



◆ 1: What is BTST (Really)?

BTST is not a strategy. It's a responsibility.

BTST means you are carrying **overnight risk**. Not just price risk — **but emotional risk too.**

Most people fail BTST because:

- they expect certainty
- they ignore structure
- they panic at the open

BTST works only when:

- market structure is clear
- risk is defined
- discipline is non-negotiable

If you don't sleep peacefully, BTST is not for you.

◆ 2: Why BTST Looks Easy but Isn't

People see screenshots and think:

“Gap aaya toh profit pakka.”

Reality:

- gap can go against you
- structure can fail
- emotions can destroy execution

BTST rewards process, not hope.

If you are doing BTST to recover losses — you are already in danger.

◆ 3: The Biggest BTST Mistake Beginners Make

The biggest mistake is **direction obsession**.

“Gap up hoga ya gap down?”

Wrong question.

The right question is: 👉 Is the market ready to move overnight?

No structure = no BTST

No discipline = no BTST

No patience = no BTST

◆ 4: Why Paper Trading BTST First is Mandatory

BTST without practice is gambling.

Paper trading teaches:

- how gaps actually behave
- how your mind reacts overnight
- when NOT to hold

20 days of BTST paper practice can save years of losses. Market fees are expensive.

Learning fees are cheaper.

◆ 5: When NOT to Do BTST (Very Important)

BTST should be avoided when:

- market is sideways
- expiry week noise is high
- volatility is unpredictable
- your mind is emotional

No trade is also a position. Skipping bad BTST days is also a skill.

◆ 6: Why BTST Fails for Option Buyers

Option buyers fail BTST because:

- premium decay works overnight
- gap doesn't move enough
- fear forces early exit

BTST is not about excitement.

It's about alignment. Structure > Strike Process > Prediction

◆ 7: Psychology of Holding Overnight

BTST exposes:

- fear
- impatience
- overconfidence

If one candle shakes you, overnight holding will break you.

BTST success starts in the mind before it appears on the chart.

◆ 8: One Honest Truth About BTST

BTST is boring when done correctly.

No drama.

No daily thrill.

No constant action.

But boring systems

build consistent traders.

◆ 9: Why Losses in BTST Hurt More

Because:

- you imagine profit overnight
- expectations rise
- reality hits at open

BTST losses feel personal because they attack hope.

Only process protects you from hope.

◆ 10: Who Should Actually Do BTST

BTST is suitable only for traders who:

- accept uncertainty

- respect structure
- follow rules

- control emotions

If you want fast money — avoid BTST.

If you want structured growth — learn BTST properly.

◆ 11: BTST Is a Risk-Management Exercise (Not a Trade)

Many people think BTST is about catching a gap.

It's not.

BTST is about **managing uncertainty**:

- Overnight news risk
- Global market influence
- Emotional pressure at open

If you treat BTST like a “trade”, you’ll react emotionally.

If you treat BTST like a **risk exercise**, you’ll act logically.

This mindset shift alone changes outcomes.

◆ 12: Why Most BTST Losses Happen at the Open

BTST losses usually don't happen overnight.

They happen **after the market opens**.

Why?

- Panic exits
- Overreaction to first candle
- No pre-defined exit logic

BTST success depends less on the gap
and more on **how you behave between 9:15–9:30**.

The open tests your discipline, not your analysis.

◆ 13: BTST Needs Fewer Trades, Not More

More BTST trades ≠ more profits.

In fact:

- More trades = more overnight exposure
- More exposure = more emotional fatigue

Professional behaviour is:

- Fewer but cleaner BTST setups
- Skipping unclear days
- Accepting boredom

Consistency is built by selectivity, not activity.

◆ 14: If You're New, This Is How BTST Should Begin

If you are new to BTST:

Step 1: Observe gaps for 10–15 days

Step 2: Paper trade only

Step 3: Focus on behaviour, not P&L

Step 4: Track mistakes, not profits

BTST punishes impatience very fast. But it rewards preparation very quietly.

Slow learning > fast regret.