

THIS INFINITE GAME



The Hundred Minutes

By Mike Gyulai

August 8, 2026



A trade stops working at 10:02. The trader stops working against it at 11:42. What fills the hundred minutes in between?

The market received new information, adjusted, and moved on. It did so without ceremony. Price trades only in the present tense.

The mind does not. It stays behind to negotiate: with the entry that *looked so clean*, with the profit that *was on the screen twenty minutes ago*, with the outcome that *was supposed to arrive by now*. The chart updates itself. The story does not.

We file what happens next under emotion: *emotions* took over, *discipline* collapsed. But the trouble starts earlier, in what births the emotion: *resistance*.

Resistance to the fact that the setup changed. Resistance to open profits now gone. Resistance to closing the trade—because closing it would kill the possibility of it still becoming what we need it to. So long as the trade stays open, so does the possibility.

There is an exchange rate no ticker quotes: acceptance costs a few seconds of sharp discomfort, paid once; resistance offers to finance it, with interest.

Decline the planned loss and hold a larger one. Decline admitting conditions changed and spend the afternoon glued to every tick. Keep declining and one loss becomes a drawdown, the drawdown becomes pressure, and the pressure leans on every decision that follows.

Acceptance is not just taking the loss, but acknowledging that it stings. That you wanted this to work. That it didn't. That the disappointment is real. And then facing the only question price ever asks: *what is true now?*

This is not an emotional skill. It is a *decision* skill: the decision to stop resisting what has already happened.

The market needed one tick to move on.

Your resistance financed the remaining hundred minutes.

Sugar High

Last week, we highlighted White Sugar futures attempting to hold the 50-DMA after an impulsive breakout from a three-month Symmetrical Triangle. Price rocketed toward the pattern's 1x measured move target of 514.3 this week.



White Sugar Futures (W1!), 1D

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On Monday, our Macro Ops team debated the setup in Sugar No. 11 futures. The October contract met all criteria for my commodity playbook's multi-point trendline break.

However, the breakout itself was not decisive, instead closing with long upper wicks both Tuesday and Wednesday. We waited for more clarity, only to watch buyers completely overwhelm sellers into the week's end.

One of our Collective members recently shared his antidote to FOMO: LOMO—the Love of Moving On. Sugar No. 11. gives our team a wonderful opportunity to put this motto into practice.



Sugar No. 11 Futures (Oct 2026) (SBV2026), 1D

In metals, Gold futures staged a trendline breakout that converged with a brief, six-week consolidation phase.



Gold Futures (GC1!), 1D

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Platinum is attempting the same, but encountering overhead supply.

That said, see Sugar No. 11 for what can happen should these three reversal bars have their wick highs taken out next week.



Platinum Futures (Oct 2026) (PLV2026), 1D

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And in equities, the S&P 500 Equal Weight is now a hair's breadth from the 222.44 1x measured move target of its three-month Cup & Handle Continuation.

mikegyulai created with TradingView.com, Aug 07, 2026 17:21 UTC-4

Invesco S&P 500 Equal Weight ETF - 1D - NYSE Arca O219.03 H220.37 L218.41 C220.09 +1.51 (+0.69%)



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Invesco S&P 500 Equal Weight ETF (RSP), 1D

Forex in Focus

In the currency markets, the Euro / Franc successfully retested the three-and-a-half-month Head & Shoulders Continuation pattern that we noted in last week's update. This successful retest drove price action upward, approaching the 1x measured move target sitting at 0.94281.



Euro / Swiss Franc (EURCHF), 1D

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Through the right shoulder of a five-and-a-half-month Head & Shoulders Bottom pattern, the Pound / Aussie cross is closely tracking its 50-DMA.

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British Pound / Australian Dollar · 1D · OANDA O1.91385 H1.91555 L1.90790 C1.90883 -0.00437 (-0.23%)



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British Pound/Australian Dollar (GBPAUD), 1D

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Following a v-shaped move this past spring, the Euro / Canadian Dollar has developed a four-month Ascending Triangle.

mikegyulai created with TradingView.com, Aug 07, 2026 14:57 UTC-7

Euro / Canadian Dollar - 1D - OANDA O1.61496 H1.61791 L1.60970 C1.61124 -0.00356 (-0.22%)



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Euro / Canadian Dollar (EURCAD), 1D

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And in currency futures, the Mexican Peso broke out from a six-month Cup & Handle Continuation pattern on the September contract.

Muddying the picture somewhat is the continuation chart, which has price revisiting highs from the start of the year.

We hold a risk-defined long position in the Macro Ops Portfolio.



Mexican Peso Futures (Sep 2026) (6MU2026), 1D

The Pauses That Refresh

Recent issues have noted relative strength in financials, and the sector's increased presence in my equity screens.

This week, the active watchlist section saw its two featured bottom reversals successfully break out and reclaim their 200-EMAs.



Ares Capital Corporation (ARCC), 1D

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Brookfield Asset Management (BAM), 1D

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This week's equity screen once again reveals a compelling blend of long and short setups, alongside continuations and reversals.

The following names in particular stood out to me:



Alumis (ALMS), 1D

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DHT Holdings (DHT), 1D

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Figma (FIG), 1D

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Federal Signal Corporation (FSS), 1D

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Kyndryl Holdings (KD), 1D

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Mineralys Therapeutics (MLYS), 1D

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Ingevity Corporation (NGVT), 1D

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Open Text Corporation (OTEX), 1D



SoFi Technologies (SOFI), 1D

Best wishes in your trading, and see you in the next issue.

— Mike Gyulai