The squeeze is a directional, trend continuation indicator. Not all squeezes are created equal. How can you tell? When you find a squeeze, check these boxes to see if you’re looking at a higher probability bet.

Using this checklist should help you determine which squeezes are best to play. If you’re still not sure, listen in on Henry and John’s sessions. They analyze a variety of squeezes on a daily basis, only trading those that fit their parameters. Find them in the gold room to learn more, or check out www.simplertrading.com/scanner to see where they find their setups.