

# Support & Resistance Quick Guide

A simple guide for marking cleaner levels and planning around key price areas.

## Purpose

This quick guide helps traders mark support and resistance in a cleaner, less cluttered way. It belongs on the Start Here page, Courses & Education, and Resources.

## What Support and Resistance Mean

<p><b>Support</b> An area where buyers have previously stepped in or sellers stopped pushing price lower.</p>	<p><b>Resistance</b> An area where sellers have previously stepped in or buyers stopped pushing price higher.</p>
<p><b>Zone, Not Perfect Line</b> Most useful levels are areas. Do not treat every line like an exact number.</p>	<p><b>Reaction Matters</b> A level matters more when price has reacted there more than once or reacted strongly.</p>

## How to Mark Cleaner Levels

- Start with the higher timeframe first.
- Mark obvious swing highs and swing lows.
- Focus on levels that created strong reactions.
- Avoid marking every small wiggle on the chart.
- Turn important lines into zones when price reacts around an area.
- Use levels to plan risk and scenarios, not to blindly enter trades.

## Level Quality Checklist

Item	Check
The level is visible without zooming in too much.	■
Price reacted from this area before.	■
The level connects to a clear swing high, swing low, or consolidation area.	■
The level is not one of too many lines cluttering the chart.	■
I know what reaction I want to see before entering.	■
I have planned my invalidation and risk area.	■

## Support and Resistance Planning Sheet

Level/Zone	Support or Resistance	Why It Matters	Possible Reaction	Plan

### Key Takeaway

Support and resistance are planning tools. They help traders prepare for possible reactions, but they do not guarantee that price will bounce, reject, or break out.

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