

2026 BITCOIN SURVIVAL KIT

Navigating the AI Deflation “No-Trade Zone”

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April 2026



What Is AI Deflation?

AI is replacing high-paying jobs (engineers, accountants, lawyers) faster than the economy can adapt.

When a \$85k worker drops to \$28k unemployment, they can't pay credit cards or loans.

That causes a banking crisis. The Fed then prints trillions to save banks.

Bitcoin crashes first, then moons.

This is Arthur Hayes's framework; and it is already happening.

3 Signals to Watch

SIGNAL #1: MOVE Index above 130

Bond market stress = Fed intervention coming.

SIGNAL #2: Bank loan loss provisions spike

Watch earnings reports of JPM, BAC, WFC.

SIGNAL #3: Weekly unemployment claims > 300k

Sustained spike in professional services = AI layoffs accelerating.

Action Calendar (April–September 2026)

April – June: “No-Trade Zone”

Hold cash (30-40%). Don’t add leverage. Watch, don’t trade.

July – August: Prepare to scale in

First buys at \$65k. Add on dips to \$60k.

September: Fed pivot watch

If Fed signals rate cut or balance sheet expansion, deploy remaining dry powder.

October – December: Possible bottom & recovery

If we hit \$55k, buy aggressively. Expect year-end \$70-80k.

Free PDF by Tapos Kumar – share with link to <https://financeideas.org/arthur-hayes-ai-deflation-bitcoin/>