

# Resist

When you suffer a consequence you wish to reduce or avoid the effects of:

You make the roll using one of your resistance attributes (Insight, Prowess, or Resolve). The Grandfather chooses the attribute, based on the nature of consequences:

- **Insight:** Consequences from deception or understanding.
- **Prowess:** Consequences from physical strain or injury.
- **Resolve:** Consequences from mental strain or willpower.

On a hit you are successful and with the help of the Grandfather describe how you avoided or reduced the consequence.

- On a 10+, you use 1 Stress
- On a 7-9, you use 1d Stress

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