

# Stress

Stress is marked:

- when the Grandfather tells you to
- if a Move tells you to. The following moves cost some stress:
  - [Act under Pressure](#)
  - [Army of One](#)
  - [Driven](#)
  - [Entropic Shift](#)
  - [Helping or Hindering](#)
  - [Oncoming Storm](#)
  - [Resist](#)
  - [Ritualist](#)
  - [Shadow Dance](#)
  - [The Catechism](#)
  - [Umbraception](#)
- if you wish to [Push your next dice roll](#) (2 Stress)
- if you perform a [Flashback](#) (0-3 Stress)

## Filling your Stress Bar

When you mark your last Stress box, you clear all your Stress and take a [Trauma](#) and a [Completion](#)

## Reducing Stress

You can only reduce stress by making a [Relieve Downtime Move](#) when in a safe place to do so.

## Exhaustion

If you mark more than 3 stress in a scene (combat or otherwise), you are exhausted and may not use any further stress until you have rested:

- In combat this means making a [recover](#) move
- Outside of combat this means taking a break and doing nothing for a significant amount of time. A minimum of 15 minutes but could be longer depending on how much stress was used.

Exhaustion causes all your rolls to be rolled at Disadvantage. Exhaustion over-rules any other move that would change the kind of roll you would make except [pushing](#)

[rules](#), [stress](#), [exhaustion](#)

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Last update: **2020/05/29 19:30**

