

# Helping or Hindering

When you assist, or get in the way, of someone else's move, briefly describe how you have the means to get involved. The other person takes +1 or -2 forward, respectively. Multiple people may Help or Hinder the same person, but the bonuses are not cumulative.

Tighten chains when you hinder, Loosen when you help.

This move cost 1 [Stress](#). If you make this move after the other person rolls, spend 2 [Stress](#).

[moves](#), [general](#), [stress cost](#)

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