

Mistborn: Table of Allomantic Metals

PHYSICAL	Pushing	Pulling	Pulling	Pushing	MENTAL
External	Steel (Coinshot) Pushes	Iron (Lurcher) Pulls on	Zinc (Rioter) Enflames	Brass (Soother)	External
	on Nearby Metals	Nearby Metals	(riots) Emotions	Dampens (soothes)	
				Emotions	
Internal	Pewter (Thug) Increases	Tin (Tineye) Increases	Copper (Smoker) Hide	Bronze (Seeker) Can	Internal
	Physical Abilities	Senses	Allomantic Pulses	Hear Allomantic Pulses	
Internal	Duralumin (Duralumin	Aluminum (Aluminum	Gold (Augur) Reveals	Electrum (Oracle)	Internal
	Gnat) Enhances Current	Gnat) Wipes Internal	Your Past Self	Reveals Your Future	
	Metal Burned	Allomantic Reserves			
External	Nicrosil (Nicroburst)	Chromium (Leecher)	Cadmium (Pulser)	Bendalloy (Slider)	External
	Enhances Allomantic	Wipes Allomantic	Slows Down Time	Speeds Up Time	
	Burn of Target	Reserves of Target			
ENHANCEMENT	Pushing	Pulling	Pulling	Pushing	TEMPORAL

from The Coppermind