## Mistborn: Table of Allomantic Metals

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

from The Coppermind