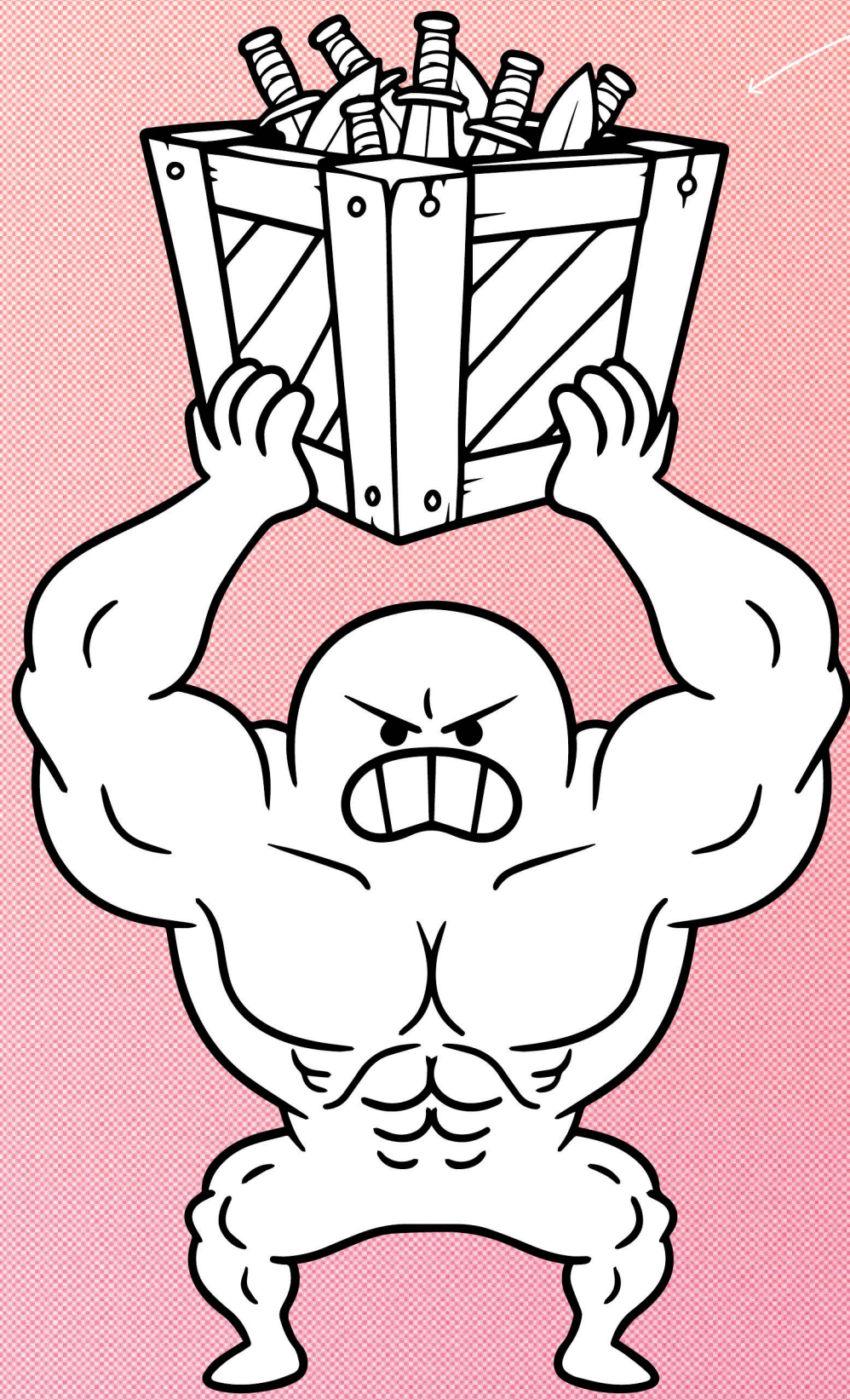


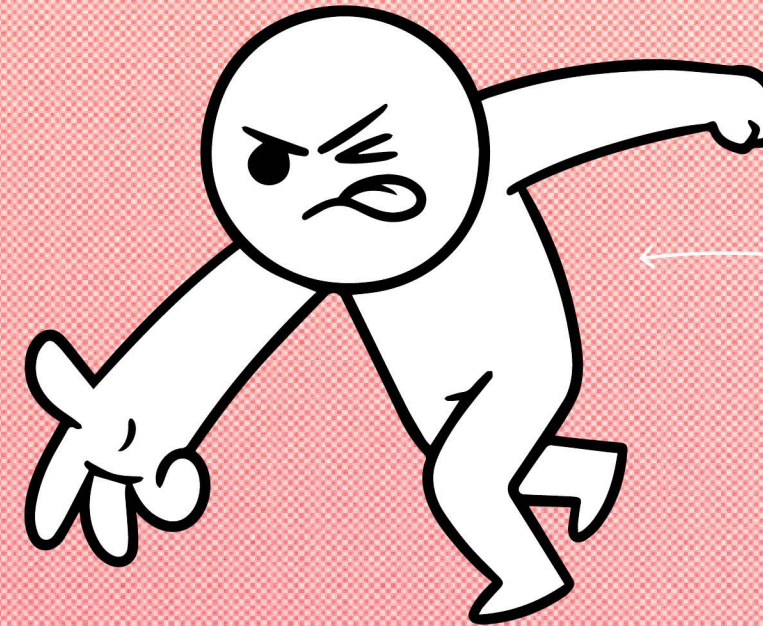
WHAT ARE THE SIX ABILITIES?

Six abilities briefly describe a creature's physical and mental characteristics. These abilities appear on an adventurer's character sheet and in a monster's stat block. Here (and in the "What is an Ability Check?" video) we use daggers to explain them:



ABILITY:
Strength
Strength is your ability to lift a heavy crate of daggers. It measures physical power.

SKILLS:
Athletics
EXAMPLE USES: Jump farther than normal, stay afloat in rough water, or break something



ABILITY:
Dexterity

Dexterity is being able to accurately throw a dagger from a distance. It measures agility.

SKILLS:
Acrobatics
EXAMPLE USES: Stay on your feet in a tricky situation or perform an acrobatic stunt

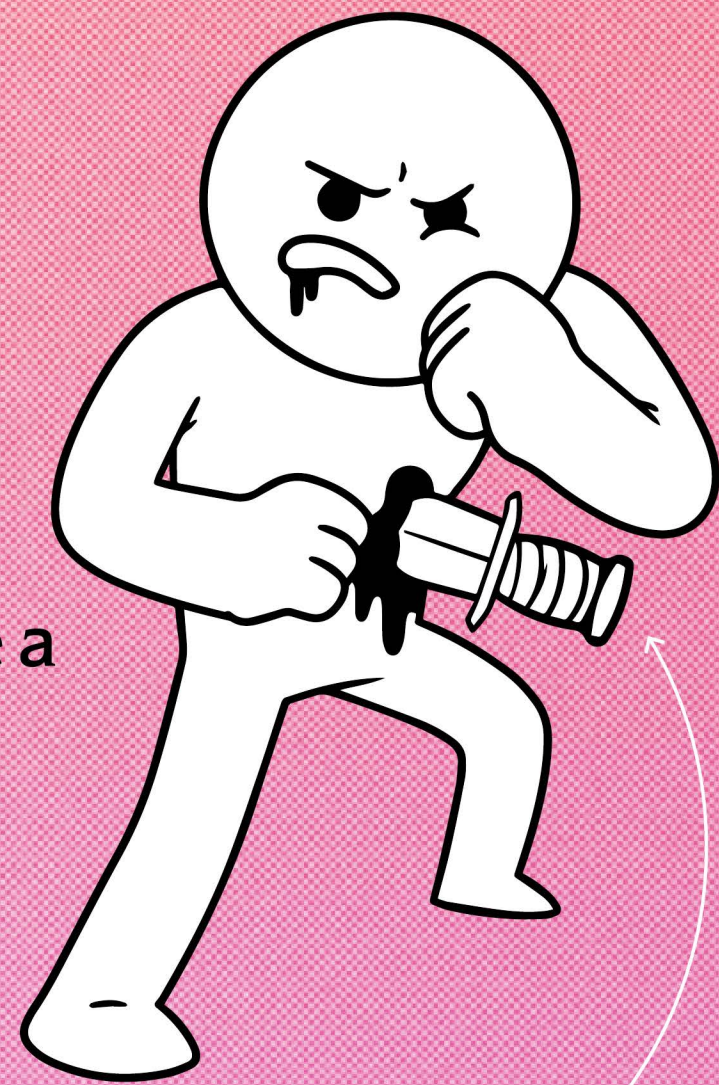
Sleight of Hand
EXAMPLE USES: Pick someone's pocket, or conceal or cleverly manipulate a handheld object.

Stealth
EXAMPLE USES: Escape notice by moving silently and hiding behind things



ABILITY:
Constitution

Constitution is being able to continue a fight after being slashed by a dagger. It measures endurance.



ABILITY:
Intelligence

Intelligence is knowing a dagger is shorter than a sword. It measures reasoning and memory.

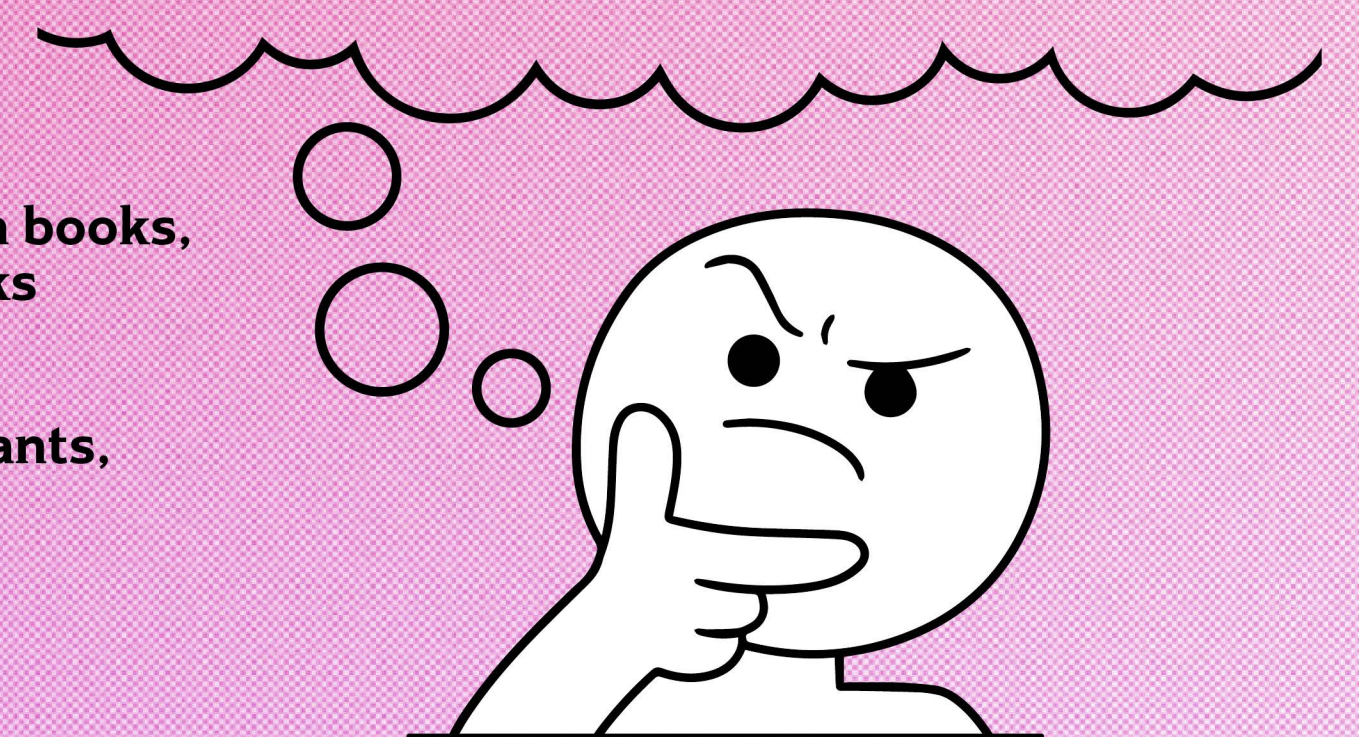
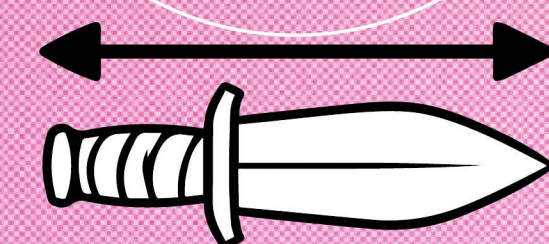
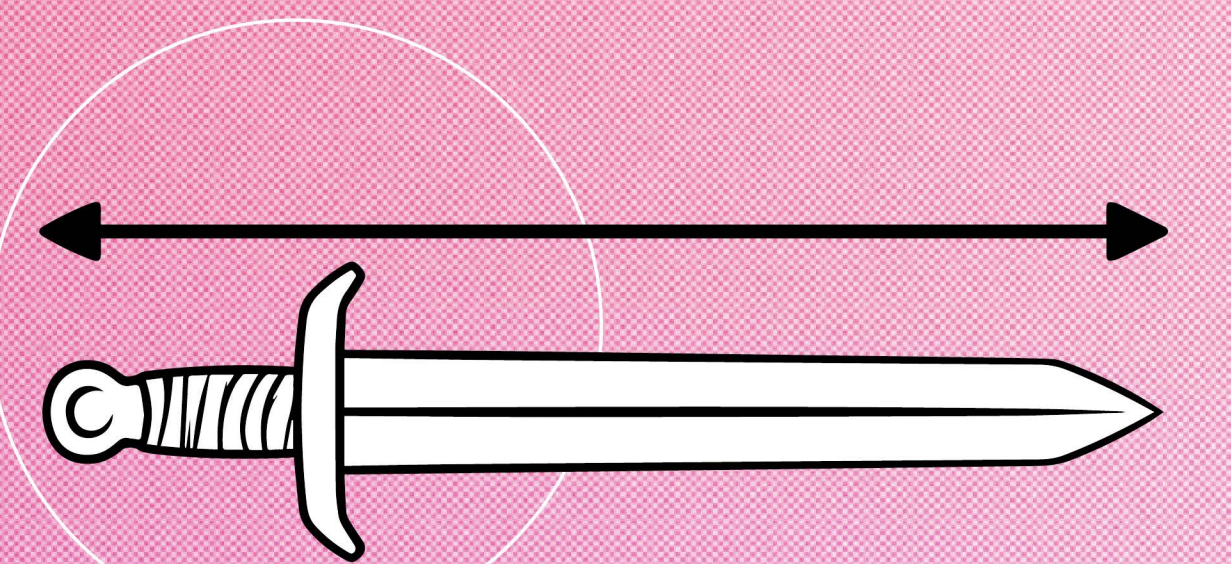
SKILLS:
Arcana
EXAMPLE USES: Recall lore about spells, magic items, and the planes of existence

History
EXAMPLE USES: Recall lore about historical events, people, nations, and cultures

Investigation
EXAMPLE USES: Find obscure information in books, or deduce clues about how something works

Nature
EXAMPLE USES: Recall lore about terrain, plants, animals, and weather

Religion
EXAMPLE USES: Recall lore about gods, religious rituals, and holy symbols



ABILITY:
Wisdom

Wisdom is knowing not to bring a dagger to a sword fight. It measures perception and insight.

SKILLS:
Animal Handling
EXAMPLE USES: Intuit an animal's intentions, or calm or train an animal

Insight
EXAMPLE USES: Discern a person's mood and intentions

Medicine
EXAMPLE USES: Diagnose an illness, or determine what killed the recently slain

Perception
EXAMPLE USES: Using a combination of senses, notice something that's easy to miss

Survival
EXAMPLE USES: Follow tracks, forage, find your way in the wilderness, or avoid natural hazards



ABILITY:
Charisma

Charisma is being able to talk your way out of that sword fight! It measures force of personality.

SKILLS:
Deception
EXAMPLE USES: Tell a convincing lie, or wear a disguise effectively

Intimidation
EXAMPLE USES: Awe or threaten someone into doing what you want

Performance
EXAMPLE USES: Perform music, dance, act, or tell a story

Persuasion
EXAMPLE USES: Honestly and graciously convince someone of something

