



# POKÉMON-NATURES



NATURE	EFFECT	NATURE	EFFECT
ADAMANT	ATTACK + / SPECIAL ATTACK -	LONELY	ATTACK + / DEFENSE -
BASHFUL	NO EFFECT	MILD	SPECIAL ATTACK + / DEFENSE -
BOLD	DEFENSE + / ATTACK -	MODEST	SPECIAL ATTACK + / ATTACK -
BRAVE	ATTACK + / SPEED -	NAIVE	SPEED + / SPECIAL DEFENSE -
CALM	SPECIAL DEFENSE + / ATTACK -	NAUGHTY	ATTACK + / SPECIAL DEFENSE -
CAREFUL	SPECIAL DEFENSE + / SPECIAL ATTACK -	QUIET	SPECIAL ATTACK + / SPEED -
DOCILE	NO EFFECT	QUIRKY	NO EFFECT
GENTLE	SPECIAL DEFENSE + / DEFENSE -	RASH	SPECIAL ATTACK + / SPECIAL DEFENSE -
HARDY	NO EFFECT	RELAXED	DEFENSE + / SPEED -
HASTY	SPEED + / DEFENSE -	SASSY	SPECIAL DEFENSE + / SPEED -
IMPISH	DEFENSE + / SPECIAL ATTACK -	SERIOUS	NO EFFECT
JOLLY	SPEED + / SPECIAL ATTACK -	TIMID	SPEED + / ATTACK -
LAX	DEFENSE + / SPECIAL DEFENSE -		