# Stagger

## Description

Stagger is a state where your character (or the enemy) is reeling backwards and the character can do nothing in that time. Stagger is different from a Poise break, characters in staggered state take extra damage and stagger has longer duration than a Poise break.

## Damage

A staggered character takes **40%** extra damage from everything, including spells (Pyromancies, Sorceries, and Miracles). Hitting a staggered character produces a green hit flash instead of the usual white.

## Cause

There are many ways a character can become staggered:

- A blocking character is drained of their Stamina
- An attacking character is being deflected
- An attacking character hits a wall
- An attacking character is being parried
- A character is getting kicked
- An enemy has fallen on the character (can be prevented if the character is blocking)

Additionally, players will take 40% more damage if hit while sprinting or rolling.