

Attention Difference

August 3, 2022



You have trouble choosing subjects to focus on and switching between them. Your mind unintentionally wanders, and you easily lose track of time. This leads to difficulties concentrating and indecision. This works the opposite when you're focused on something that holds your interest to the point that the rest of the world fades into the background. This can happen randomly with mundane tasks and often it is easier to maintain your focus on tasks that are enjoyable or interesting to you.

When performing any sustained task, you must succeed on a DC 8 + (IE) Constitution saving throw. Failure indicates that you've been distracted – all related ability checks take (IE) × twenty percent times as long to complete. While distracted, you have a +(IE) on passive Wisdom (Perception). On success, you become hyperfocused and have advantage on all related ability checks. While hyperfocused, you have a -(IE) penalty on passive Wisdom (Perception).

When anticipating an important upcoming event, you must succeed on a DC 6 + (IE) Constitution saving throw. Failure indicates that you're distracted by that event as above until it begins.

If you have multiple traits, you may choose [Special Interest](#), [Executive Functioning](#), [Insomnia](#), or [Intrusive Thoughts](#) as one or more of them.

Real-world Examples

Attention Deficit Hyperactivity Disorder, Autism

Assistive Options

A cup of coffee, black tea, or another stimulant reduces the IE by 1 for 1 hour but then increases by 1 IE for 1 hour after it wears off. An ally using their action to help focus gives advantage on saving throws to maintain concentration. A fidget gives you a +1 on all saving throws associated with concentration or attention while using it. Keeping a checklist journal and reviewing it during rests can help organize tasks.