

# Tremor

July 8, 2022

You have a facial tic that causes the muscles in your face to move involuntarily. Tics may include blinking eyes, flaring nostrils, raising eyebrows, grimacing, clicking the tongue, clearing the throat, grunting, and other involuntary verbalizations. This Tremor lasts (Frequency × 1d20 turns) when activated and activates (Frequency × 1d100) times per day. You have -(IE) on Charisma (Persuasion) checks while the Tremor occurs.

## Real-world Examples

Tourette Syndrome, Transient Tic Disorder, Chronic Motor Tic Disorder, Hemifacial Spasms, Blepharospasms, Facial Dystonia

## Assistive Options

If you spend a short rest meditating and using relaxation techniques, you can succeed on a DC (IE × 5) Wisdom saving throw to stave off Tremor for 1d4 hours. Taking damage, Barbarian Rage, and other intense situations will negate these benefits.

A DC 15 Intelligence (Nature) check followed by a DC 10 Wisdom (Medicine) check will enable you to locate and blend soothing herbs that can be ingested to reduce the Tremor by 1 IE for 1d4 hours.