

# Euphoria

August 3, 2022

You experience 1d4 of the following at IE 1d4 unless otherwise specified: [Agitation](#), [Hallucinations](#), [Confusion](#), [Baseless Emotion](#) (Suspicion), [Amplified Emotion](#).

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# Intoxication

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While intoxication has multiple causes, this entry specifically covers alcohol intoxication and is based on a 100 lb. human. Blood alcohol content (BAC) adjusts as a percentage based on weight, so after 1 drink, a 100 lb person would have a BAC of .04; 200 lb, .02; 50 lb, .08. A body can get rid of one drink per hour regardless of body weight. Once your BAC enters the next range, you must succeed on a DC 12 + (IE) or experience the effects of that IE. Once your BAC rises above the maximum for your current IE, you automatically enter the next IE. Also, while drinking, you must drink 16 ounces of water for every drink of alcohol or experience Dehydration after 1d4 hours.

1. IE 1: BAC .01–.05: No modifiers
2. IE 2: BAC .03–.12: +1 bonus to Charisma (Persuasion) checks, -1 penalty on initiative rolls and Dexterity (Sleight of Hand) checks
3. IE 3: BAC .09–.25: -2 penalty on all Charisma and Dexterity ability checks, saving throws, attack rolls, and initiative rolls, Amnesia (Anterograde) (IE 1), [Refractive Difference](#) (Blurred Vision) (IE

- 1)
  4. IE 4: BAC .18–.30: Charisma, Dexterity, and initiative rolls are all made with disadvantage, Amnesia (Anterograde) (IE 1d4), [Refractive Difference](#) (Blurred Vision) (IE 1d4), 1d4 [Baseless Emotions](#).
  5. IE 5: BAC .25–.4: You become incapacitated and must succeed on a DC 15 Constitution saving throw against each of the following: [Incontinence](#), [Nausea](#), and Unconsciousness.
  6. IE 6: BAC .35–.45: Coma
  7. IE 7: BAC .45+: Death
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## Dehydration

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At the end of each day, if you haven't drunk at least 1/2 ounce of water or equivalent per pound of body weight, you must succeed on a DC 10 Constitution saving throw or gain 1 level of exhaustion. The saving throw is made with disadvantage if you are wearing clothing or armor that's heavy for the climate. If you are traveling at a fast pace instead of a normal or slow pace, you have disadvantage on your saving throws against Dehydration. The DC increases by 2 for every cumulative day until you drink a full day's requirement of water. At IE 4, you must succeed on a DC 10 Constitution saving throw or experience [Hallucinations](#) or [Delusions](#) until the IE lowers to 3.

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# Cough

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You feel the urge to cough frequently. When you experience the urge, you must succeed on a DC 5 + (IE) Constitution check to stifle the cough. On success, the DC increases by 1 each round until you spend a bonus action coughing or roll a Natural 20, in which case, the urge goes away. When you cough, you have disadvantage on Dexterity (Stealth) checks that require silence.

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# Concussion

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When you take ten percent or more of your hit points of bludgeoning damage in a single attack to your head, you may roll for concussion: a contested Constitution saving throw against the attacker's Strength or, if the damage comes from an object not being used as a weapon, use the object's Armor Class (See chapter 15 of the Basic Rules) as its Strength. If you fail the save, you temporarily experience 1d8 of the following: [Pain \(Head\)](#), [Confusion](#), [Gross Motor Control Loss](#), Anterograde Amnesia, [Nausea](#), [Dizziness](#), [Tinnitus](#), [Fatigue](#), [Baseless Emotion \(Irritable\)](#), [Baseless Emotion \(Depression\)](#), and/or [Photosensitivity](#). Following a long rest, you may attempt another Constitution saving throw. The symptoms remain until you succeed on this saving throw.

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# Coma

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You are unconscious and unable to awaken by standard means. When in a coma, you must succeed on death saving throws like other situations when you're reduced to 0 hit points, but you must make the saving throw daily and succeed or fail 10 times instead of 3.

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## Appendix 2: Complications

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Some traits of disabilities or illnesses can lead to additional conditions that may be temporary, degenerative or lead to an entirely new set of traits. These complications may be a result of any number of internal or external factors, and depending on the cause, may be healed with applicable healing magic or medicine. If the complication does not indicate a frequency, use the causal trait's frequency or, lacking a causal trait, choose or roll on the [Frequency Table](#).

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# Appendix 1: Rule Modifications

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## Disabilities and Spellcasting

Many traits listed have modifications to spellcasting, especially as it relates to verbal and somatic components. The descriptions mainly relate to [wizards](#), [bards](#), and other casters who keep a spellbook.

Divine casters such as [clerics](#) and [paladins](#), as well as [warlocks](#), who receive their magic from a patron, would receive it in such a way that they would be able to cast it. For the sake of game balance, the player and GM should discuss how the spells differ. Some suggestions include:

- Casting time increases as more somatic components are necessary to assist with verbal components (or vice versa).
- Additional material components are needed.
- The range or duration decreases slightly.
- The verbal component is replaced with noisy body movements like clapping, tongue clicks, or rhythmic stomping.

## Line of Sight

Some 5th Edition game mechanics, especially spells, rely on line of sight for range. This is problematic for blind and visually impaired characters. Instead, consider the following:

**Line of Action:** any direct line between the character and a creature they can sense without physical obstruction in that line.

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# Traumatic Flashbacks

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*I am not my disability, but it's not to be ignored either. It's a part of me; it makes me who I am.*

*-Ryza Wood]*

You experience memories of past trauma (sometimes violent, but not always) as if it's happening again. The flashbacks are triggered by external stimuli, sometimes predictable, but the specific stimuli can be any number of brief sensory experiences. In this case, the response is triggered seemingly randomly (IE)d4 times per day or when exposed to stimuli known to relate to the traumatic event and lasts for (IE)d6 minutes unless you succeed on a DC 8 + (IE) Constitution saving throw. All spellcasting and ability checks require that you succeed on a concentration check or make the subsequent check with disadvantage, and tasks that normally require a concentration check are made with a -(IE) penalty. If you take damage during the flashback experience that doesn't make sense within that context, you may make another Constitution saving throw immediately.

## Real-world Examples

Post-Traumatic Stress Disorder

### Assistive Options

An ally or service animal that recognizes that you're experiencing a Traumatic Flashback may use a help action to give you advantage on the Constitution saving throw.

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# Stimulus Avoidance

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Certain stimuli cause a feeling of panic resulting in [Heart Palpitations](#), sweating, and other responses, and because of the feelings you associate with that stimulus, you try to avoid it. If [Frequency](#) is Triggered, choose or roll on the [Phobia](#) table, or choose another event or stimulus. While this trait is triggered by stress or some other stimulus, the stimulus could be a memory that surfaces suddenly or caused by an unexpected or unknown source. In this case, the response is triggered seemingly randomly (IE)d4 times per day and during any remotely stressful situation and lasts for (IE)d6 minutes unless you succeed on a DC 8 + (IE) Constitution saving throw. All spell casting and ability checks require that you succeed on a concentration check or make the subsequent check with a -(IE) penalty, and tasks that normally require a concentration check are made with a -(IE) penalty. If you have multiple traits, you may choose [Startle Amplification](#), [Dizziness](#), [Phobia](#), [Nausea](#), [Cramps](#), or Tremors as one or more of them, triggered by the panic attack.

## **Real-world Examples**

Obsessive-Compulsive Disorder, Panic Disorder

## **Assistive Options**

The combination of calming activities, exercise, getting enough sleep, and avoiding alcohol, caffeine, and smoking, when used consistently together for at least three consecutive days, reduce the IE by 1.