

Memory Loss

August 3, 2022



You have trouble remembering events. Choose or roll on the following table.

d10	Symptom
1–2	Anterograde Amnesia
3–6	Retrograde Amnesia
7	Dissociative Fugue
8–0	Traumatic Amnesia

- **Anterograde Amnesia.** You are unable to form new memories but recall your past until $1d100 \times 30$ days ago or after a specific story arc. Recalling new events, people, directions, or other details requires a successful DC 8 + (IE) \times 2 check to remember general information or a higher DC for specific details. You can still sometimes learn procedures and routines. All Experience Points you earn are divided by (IE) + 1 or, if not using XP level advancement, when gaining or increasing a feat or proficiency, you need an additional (IE)d20 days to gain the bonus. It also takes you (IE) \times 5 times as long to prepare spells. This form of memory loss has no Frequency. When charmed, you get an extra saving throw each round as you may forget your favorable impression of the source of the charm.

- **Retrograde Amnesia.** You have difficulty recalling memories before 1d100 × 30 days ago or before a specific story arc but have full memory of everything after that. You retain general knowledge and skills but may not remember how you learned. You're more likely to remember episodes from your distant past than more recent memories. Recalling people or events from the most recent (IE) × 20 percent of your life requires a successful DC 10 + (IE) × 2 Intelligence check, and recalling earlier memories requires a successful DC 10 + (IE) Intelligence check. A successful check will recall general information, more details requiring a higher DC. This form of memory loss has no Frequency.

Sometimes life feels like a constant brain fog. But times spent sitting with friends telling stories are the golden moments of clarity I live for.

-Niles M

- **Dissociative Fugue.** You are confused about your identity or have formed a new one. You retain skills from your original identity but may try using skills you don't have. For example, you may experience frustration as to why you can't cast spells or why you can, believe your stealth skills are better than they are, etc. The GM and player should work together on the false identity, creating a random persona but retaining most or all previous abilities. (Try a random NPC or character class generator such as the one on dndbeyond.com or npcgenerator.com to get started.) This form of memory loss does have a Frequency, and recalling a single memory about your identity requires a successful DC 10 + (IE) × 2 Intelligence check while in a fugue state.
- **Traumatic Amnesia.** You have little or no memory of (IE)

traumatic events from your past. Recalling a detail from one of those events requires a successful DC 15 + (IE) Intelligence check. Failure requires (IE) × 30 days or until after the next adventure or story arc for each event before making another attempt. When successfully recalling a traumatic memory, you may feel overcome while you come to terms with this recovered memory and must succeed on a DC 8 + (IE) Wisdom saving throw or take one level of exhaustion for 10 × (IE) minutes. This form of memory loss has no Frequency.

Real-world Examples

Korsakoff's Syndrome, Dementia, Post-Traumatic Stress Disorder, Dissociative Amnesia, Encephalitis

Assistive Options

Written notes or journals can help keep track of memories. Friends and allies can help with recall, granting advantage on recall attempts even if the helper was not present for the episode in question.

Magical Assistance

Divination spells like [Divination](#) and [Commune](#) can help answer questions about the past that have been forgotten, but it does not recover the actual memory.

Language Processing

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You have trouble communicating using language, including speaking, understanding, and writing. Choose or roll on the following table. You have 1d6 of the following patterns.

d20	Language Processing Expression
1-5	Dysgraphia
6	Reiterative Agraphia
7	Specialist Agraphia
8	Dysexecutive Agraphia
9	Apraxic Agraphia
10	Lexical Agraphia
11	Semantic Agraphia
12	Phonological Agraphia
13	Visuospatial Agraphia
14	Alexia
15-16	Expressive Aphasia
17	Receptive Aphasia
18	Anomic Aphasia
19-20	Global Aphasia

- **Dysgraphia.** Your writing appears haphazard, with irregular spelling and spacing, such as missing spaces between words and spaces in the middle of words. Anyone attempting to read your writing must succeed on a DC 8 + (IE) Wisdom (Perception) check. You can write conventionally with

extreme effort, requiring you to concentrate by making a DC 10 + (IE) Constitution check per sentence, adding (IE) cumulatively per sentence but also adding (IE) to any quality-related checks due to the additional scrutiny. Any conventional writing after that requires a short rest. Transcribing spells into your spellbook takes (IE) × 10 times as long as usual.

- **Reiterative Agraphia.** When you write, you tend to repeat words and letters, making your writing difficult to read. Anyone attempting to read your writing must succeed on a DC 8 + (IE) Wisdom (Perception) check. You can write conventionally with extreme effort, requiring you to concentrate by making a DC 10 + (IE) Constitution check per sentence, adding (IE) cumulatively per sentence but also adding (IE) to any quality-related checks due to the additional scrutiny. Any conventional writing after that requires a short rest. Transcribing spells into your spellbook takes (IE) × 10 times as long as usual.
- **Specialist Agraphia.** You are unable to write in a specific format tied to your class/profession, such as writing spells, musical notation, alchemical formulae, written Thieves' Cant, etc. You can write conventionally with extreme effort, requiring you to concentrate by making a DC 10 + (IE) Constitution check per sentence, adding (IE) cumulatively per sentence but also adding (IE) to any quality-related checks due to the additional scrutiny. You cannot inscribe spells into your spellbook and must find or hire someone of your level or higher to assist you in doing so. The typical fee of this task is 25 gp × (spell level), but the scribe will often do so in exchange for the option to make a copy of the spell for themselves if they don't already have it.
- **Dysexecutive Agraphia.** You have trouble organizing your thoughts, so your writing includes sentences out of order

or words out of order in sentences, like a verbal jigsaw puzzle. You cannot write any kind of ordered directions unless taking dictation. You can write conventionally with extreme effort, requiring you to concentrate by making a DC 10 + (IE) Constitution check per sentence, adding (IE) cumulatively per sentence but also adding (IE) to any quality-related checks due to the additional scrutiny. Anyone attempting to read your writing must succeed on a DC 8 + (IE) Wisdom (Perception) check. Transcribing spells into your spellbook takes (IE) × 5 times as long as usual.

- **Apraxic Agraphia.** You can read and speak, but you can't write in any meaningful form. You cannot inscribe spells into your spellbook and must find or hire someone of your level or higher to assist you in doing so. The typical fee of this task is 25 gp × (spell level), but the scribe will often do so in exchange for the option to make a copy of the spell for themselves if they don't already have it.
- **Lexical Agraphia.** You can only spell & read phonetically. Irregularly spelled words are like an unknown language to you. Anyone attempting to read your writing must succeed on a DC 5 + (IE) Wisdom (Perception) check. When you try to read something, you must succeed on a DC 8 + (IE) Wisdom (Perception) check to get the gist of the writing, and you cannot use spell scrolls. Transcribing spells into your spellbook takes (IE) × 5 times as long as usual and the assistance of a caster able to cast that spell. The typical fee of this task is 25 gp × (spell level), but the scribe will often do so in exchange for the option to make a copy of the spell for themselves if they don't already have it.
- **Semantic Agraphia.** When you write, you tend to substitute related (but not synonymous) words, so when you want to write, "pirate," you instead write, "ship" or "sea." You can write conventionally with extreme effort, requiring

you to concentrate by making a DC 10 + (IE) Constitution check per sentence, adding (IE) cumulatively per sentence but also adding (IE) to any quality-related checks due to the additional scrutiny. Any conventional writing after that requires a short rest. Transcribing spells into your spellbook takes (IE) × 10 times as long as usual.

- **Phonological Agraphia.** You cannot sound out words to read them, relying only on recognition of words whose spellings you've memorized. This memorization is closely tied to your senses, so you especially have trouble reading abstract words. Reading requires a successful DC 8 + (IE) Wisdom (Perception) check to read about a concrete object with a higher DC, or depending how abstract the content is, a spell scroll having a DC 15 + (IE) + (spell level). It takes you (IE) + 1 times as long to prepare a spell. Transcribing spells into your spellbook takes (IE) × 5 times as long as usual and the assistance of a caster able to cast that spell. The typical fee of this task is 25 gp × (spell level), but the scribe will often do so in exchange for the option to make a copy of the spell for themselves if they don't already have it.
- **Visuospatial Agraphia.** Your writing takes irregular spacing and forms. It may not be in a straight line, or it may only be in a corner of the page, words and letters overlapping, duplicate lines when writing letters, etc. Anyone attempting to read your writing must succeed on a DC 8 + (IE) Wisdom (Perception) check. Transcribing spells into your spellbook takes (IE) × 5 times as long as usual and the assistance of a caster able to cast that spell. The typical fee of this task is 25 gp × (spell level), but the scribe will often do so in exchange for the option to make a copy of the spell for themselves if they don't already have it.
- **Alexia.** You can spell and write, but you can't read, even

something you just wrote, unless you succeed on a DC 15 + (IE) Wisdom check per sentence. You cannot use spell scrolls, and to prepare a spell, you need someone of your class who is high enough level to cast the spell who must read the spell to you from your spellbook and help you prepare it. The reader may prepare the spell for themselves at the same time. Because you've learned to write without reading or editing what you write, you can transcribe spells into your spellbook in half the usual time, but you must succeed on a DC 8 + (IE) check of your casting stat to accurately transcribe the spell unless you have help.

- **Expressive Aphasia.** You can understand language but have trouble speaking, uttering short phrases at best. To speak, you must succeed on a successful DC 8 + (IE) Constitution check for each phrase. You cannot use spell scrolls, and spells with a verbal component require you to modify them to add additional somatic components if possible. The complexity of this change requires one day for every hour usually needed to inscribe it into your spellbook and twice the cost due to additional experimentation needed. Communication via writing can be done without penalties.
- **Receptive** You can speak, but your sentences are incoherent and contain unnecessary words. However, you don't realize others have trouble understanding you, and you have trouble understanding spoken language. For your speaking to be understood, the listener must succeed on a DC 8 + (IE) Wisdom (Perception) check, and you must do the same to understand the gist of anything said to you. You cannot use spell scrolls, and spells with a verbal component require you to modify them to add additional somatic components if possible to avoid needing verbal components. The complexity of this change requires one day for every

hour usually needed to inscribe it into your spellbook and twice the cost due to additional experimentation needed. Communication via writing can be done without such penalties.

- **Anomic Aphasia.** You have trouble finding the right words for what you want to talk about, both in speech and writing, so you have to use other words instead, which may seem vague. You have a -(IE) penalty on Charisma (Persuasion) checks, but because you're used to manipulating language to express yourself, you have a +(IE) bonus to verbal and written Charisma (Deception) checks.
- **Global Aphasia.** You can speak and understand very little spoken language. To understand or communicate information in a verbal conversation, you must succeed on a DC 12 + (IE) Intelligence saving throw to determine whether your brain allows you to form and process enough applicable words.

Real-world Examples

Aphasia, Agraphia, Dysgraphia, Alexia, Gerstmann Syndrome, Parkinson's Disease, Tourette Syndrome

Assistive Options

Spending a short rest preparing for a known upcoming situation or other language need will reduce the IE by 1 (to a minimum of 1) for 1d4 hours. Aphasia does not affect sign language, so you can use signs or written language as alternatives.

Special Interest

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You excel in one specific subject (e.g., insects, dragons, trees, knots, building construction, etc.) and have a +(IE) bonus to specific ability checks regarding that subject. The subject must be specific to receive this bonus: a family of organisms, a species of humanoids (e.g., [goblins](#), not goblinoids, although a GM could give a partial bonus for goblinoids), a weapon, a specific famous person, etc. at the GM's discretion. The more specific the subject, the broader the amount of related ability checks receive that bonus, so fixating on dragons may give you skills on Intelligence checks related to dragons, but fixating on dragon lairs may help you navigate the lairs more effectively, giving you bonuses against lair actions and against surprise while in the lair. Fixating on swords may give you bonuses to Intelligence checks regarding a sword's construction, age, and culture of origin, but a topic as specific as goblin rapier maneuvers may give you a bonus in melee combat against goblins who are fighting with rapiers. The player and GM should work together to determine guidelines that will depict the experience without unbalancing the game, and note that the bonuses are usually related to Intelligence or Wisdom-based ability checks.

At the same time, because you enjoy this topic so thoroughly, you may have difficulty focusing on other topics or may be tempted to change uninteresting conversation topics to the

subject of your Interest. When in a social setting, you must succeed on a DC 8 + (IE) Charisma saving throw to avoid attempting to change the topic of a conversation. If you encounter a lot of rejection, you may develop [Secondary Depression](#).

Between every adventure or major campaign arc, you must roll 1d20. On a 1, your Interest changes to a different topic that may be related or have nothing to do with the previous one and may likely be related to a detail from the recent adventure. You retain a half IE bonus on previous interests.

If you have multiple traits, you may choose [Social Interaction Difference](#), Insomnia, Sleep-Wake Disruption (Delayed Phase), or [Attention Difference](#) as one or more of them.

Real-world Examples

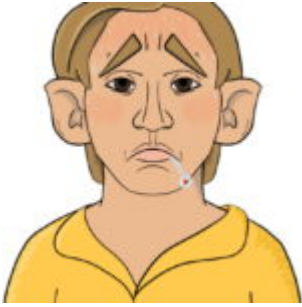
Autism, Attention Deficit Hyperactivity Disorder

Assistive Options

Finding others who share your interests can help you feel safe and accepted, and allies who ask you about your interest and allow you to infodump to them can help your sense of well-being.

Fever

August 3, 2022



You experience frequent fevers, causing 1 level of exhaustion. During the Frequency, the GM should roll a passive Constitution check (IE) times per day at random intervals to determine whether another fever episode is beginning. Once it begins, you must succeed on a DC 10 + (IE) Constitution saving throw to recover. On a failed saving throw, you must take a long rest before making another saving throw. If the number rolled is a natural (IE) or less, you gain another level of exhaustion. You can make another saving throw after each long rest to remove one level of exhaustion.

Real-world Examples

Periodic Fever Syndrome

Assistive Options

Another character may assist with your Constitution saving throw with a successful Wisdom (Medicine) saving throw, the DC equal to the required Constitution saving throw. On success, the help gives the fevered character advantage on the next Constitution saving throw. If you spend an entire day resting and drinking twice the amount of water you usually require, you get +2 bonus on the next Constitution saving throw.

Fatigue

August 3, 2022



You are nearly always tired. After every long rest, you must succeed on a DC 8 + (IE) Constitution saving throw, or you do not benefit from the rest, regardless of the amount of rest you get. Spending an entire day resting will automatically give you advantage on the Constitution saving throw.

Real-world Examples

Chronic Fatigue Syndrome, Lyme Disease, Fibromyalgia, Lupus, Hypothyroidism, Multiple Sclerosis, Insomnia, Postural Orthostatic Tachycardia Syndrome

Assistive Options

Beginning a long rest three days in a row at roughly the same time grants a +1 bonus to the Constitution saving throws, keeping the pattern adding an additional +1 bonus cumulatively to a maximum of +5. Keeping a diet for at least seven days of fish, vegetables, and nuts gives a +1 bonus to the Constitution saving throw. Drinking more alcohol than (Constitution Bonus) drinks will negate this bonus. A weighted blanket during a short rest also gives a +1 bonus to the Constitution saving throw. Such a blanket can be made from two large animal pelts for a medium humanoid or two medium animal pelts for a small humanoid plus enough sand to make the total weight 10 percent of your body weight. The cost of fabrication is 20 gp.

Magical Assistance

If the fatigue is caused by Insomnia, a Sleep spell or other effect that mimics it will assist in getting to sleep during a long rest and will reduce the IE by 1 Extent until the next long rest.

Fainting

August 3, 2022

You have a tendency to frequently become unconscious. You become lightheaded for a round, causing disadvantage on all rolls. During this round, you must succeed on a DC 8 + (IE) Wisdom saving throw (without disadvantage) to intentionally become prone. Failure indicates that you didn't notice in time and take 1d2 bludgeoning damage from falling over. The next round, you must succeed on a DC 10 + (IE) × 2 Constitution saving throw (without disadvantage) to remain conscious, rolling with advantage if prone. On success, you remain lightheaded the rest of the round. On a failed roll, you become unconscious for (IE)d4 minutes. During the Frequency, the GM should roll a passive Constitution check (IE) times per hour at random intervals to determine whether another fainting episode is beginning. If the Frequency is Triggered, some common triggers include standing up quickly or for too long in one place, [Pain](#), and [Dehydration](#).

Real-world Examples

Hypoglycemia, Anemia, Dysautonomia, Amyloidosis, Heart Arrhythmia

Assistive Options

Quickly applying a cold solid or liquid to the face gives advantage on the Constitution check to remain conscious. Being in a cold environment does not have the same effect, as it's the sudden temperature change that helps.

Brain Fog

August 3, 2022

You experience mental fatigue that affects your memory, ability to concentrate and think clearly, and focus. You have a -(IE) penalty on concentration saving throws, and when you need to make an Intelligence check to remember something, you have a -(IE) penalty on the check unless you take 1 + (IE) times as long to think about it.

Real-world Examples

Autism, Attention Deficit Hyperactivity Disorder, Chronic Stress, Sleep Disorders, Menopause, Anemia, Depression, Diabetes, Sjögren Syndrome, Migraine, Dementia, Hypothyroidism, Lupus, Arthritis, Multiple Sclerosis, Dehydration, COVID-19

Assistive Options

Regular sleep and exercise and a balanced diet may help. A rest will relieve Brain Fog for 1d6 hours. Keeping a journal, calendar, task list, or other notes can compensate for memory challenges.

Asomatognosia

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You are unable to recognize, use, and feel: one side of your body (75 percent left, 25 percent right); your arm (IE 1); your arm and leg (IE 2); your arm, leg, and face (IE 3); or your entire side (IE 4). Even seeing that these parts of you are connected, you cannot recognize them as part of you unless someone trusted is trying to demonstrate the fact, and you succeed on a DC 10 + (IE) × 2 Wisdom saving throw, and even then, only for 1d4 minutes. You cannot explain the presence of that body part, only that it's not yours, but you also don't typically notice that it's there. In 25 percent of cases, you believe that the body part belongs to someone else, typically a close family member or significant other. The dissociated body parts are treated as paralyzed with associated effects, but you also feel no need to protect or take care of that part of your body.

Real-world Examples

Asomatognosia, Somatoparaphrenia, Unilateral Neglect

Assistive Options

A high-quality silver mirror will give a +1 bonus to Wisdom saving throws to recognize the body part. Irrigating the dissociated ear with cool water for a minute for IE 3-4 will give a +2 bonus to the Wisdom saving throw.

Apraxia

August 3, 2022



You are unable to perform certain actions, even though you're physically able to do so. You know how to do them and want to do them, but your brain will not allow you to do so. Roll (IE) times on the following table. With enough effort, you might be able to perform the task in question, but each step requires a successful DC 15 Constitution check. Any magic effect that would force you to do something beyond your ability will automatically fail.

d10	Apraxia
1	Conceptual
2-3	Buccofacial
4	Limb-Kinetic (Arm)
5	Limb-Kinetic (Leg)
6	Ideomotor
7	Ideational
8	Verbal
9	Constructional
10	Oculomotor

- **Conceptual.** You are unable to perform tasks that involve how tools work. You have a $-(IE) \times 2$ on all checks to use tools or weapons.

- **Buccofacial.** You are unable to perform facial and lip movements such as whistling, winking, coughing, etc. on command. The player and GM choose (IE) actions that you're unable to perform and develop associated complications. (e.g., inability to cough will require DC 5 + (IE) Constitution saving throws when drinking liquids to avoid Pneumonia, an inability to blink will require eye drops to hydrate eyes, etc.)
- **Limb-Kinetic (Arm).** You are unable to use fingers or arms to perform certain tasks such as using tools or weapons, snapping fingers, opening a bottle, etc. The GM and player should choose (IE) actions that cannot be done.
- **Limb-Kinetic (Leg).** You are unable to use your legs or feet to perform certain tasks such as tapping your foot, kicking, jumping, etc. The GM and player should choose (IE) actions that cannot be done.
- **Ideomotor.** You are unable to mimic limb or head movements performed or suggested by others. This makes learning new skills or level advancement challenging, as you can't follow directions to learn techniques but must learn them on your own. When gaining or increasing a feat or proficiency based on Strength or Dexterity, you need an additional (IE)d20 days to gain the bonus.
- **Ideational.** You're unable to plan a series of movements. You need constant coaching to know what to do next.
- **Verbal.** You are unable to verbally communicate some or all words. You can't get your mouth to form the words without extreme difficulty. If you need to say something, you must succeed on a DC 10 + (IE) × 2 Constitution check per word unless only using the limited vocabulary available to you. You cannot use spell scrolls, and spells with a verbal component require you to modify their vocabulary or add additional somatic components if possible. The complexity of this change requires one day for every hour usually

needed to inscribe it into your spellbook and twice the cost due to additional experimentation needed.

- **Constructional.** You have great difficulty copying, drawing, or constructing basic diagrams or figures. If you need to communicate via writing or drawing, you must succeed on a DC $10 + (IE) \times 2$ Intelligence check to convey the information you're trying to communicate. You need assistance writing spells into your spellbook from another wizard who is high enough level to be able to cast the spell you're attempting to scribe, requiring a successful DC $8 + (IE)$ Charisma check to communicate it successfully. If you fail the check, the inscription fails, and you need to start over, forfeiting the time and materials from the first attempt.
- **Oculomotor.** You have difficulty moving your eyes to focus on a desired object or direction. You have a penalty of $-(IE)$ on all Wisdom (Perception) checks that depend on sight. You have a $-(IE \times 2)$ penalty on all ranged attack rolls. It takes you $1 + (IE)$ times as long to prepare a wizard spell from your spellbook due to the challenge of focusing your eyes on the page of the spellbook.

Real-world Examples

Corticobasal Ganglionic Degeneration, Balint Syndrome, Autism, Sensory Processing Disorder

Assistive Options

Most of these benefit from a dedicated assistant who can talk you through what you need to do, reducing the penalty by 1.

Aphantasia

August 3, 2022

You are unable to reproduce one or more sensory experiences in your mind. Because of this, you're unable to remember associated sensory experiences well or recognize people or objects that are less familiar. You can remember the feeling associated with experiences, places, and people. As a result, must succeed on a DC 15 Intelligence roll to accurately describe something you've perceived with that sense but have a +(IE) to describe it with a different sense. You also have a -(IE) penalty on Charisma (Performance) checks related to that sense due to challenges reproducing the sensory information, or you can forgo the penalty by taking $1 + (IE) \times$ the usual amount of time to create it. But because illusion spells depend on mental perception or conjuring a mental depiction, you have a +(IE) bonus to all saving throws against illusion magic. If you have multiple traits, you may choose additional Aphantasia senses or Agnosia as one or more of them.

Real-world Examples

Aphantasia

Assistive Options

Assistance is learning to adjust how to remember, so when hearing a description, the listener imagines the associated feelings of such an experience, for example.