

Anosognosia

August 3, 2022

You are unable to recognize your own medical condition, regardless of evidence or explanation. This trait is always accompanied by at least one more trait. Regardless of the trait(s) you have, you will act as if you did not have one or more of them, (50 percent chance to recognize each of them, at least one not recognized) regardless of the consequences. You may deny the condition, explain it away, or change the subject. This is not stubbornness – your mind is incapable of recognizing the condition.

Real-world Examples

Anosognosia

Assistive Options

What this trait needs most is patience and understanding that it's a condition, not an intention.

Magical Assistance

Any assistance will need to address the traits. The challenge is convincing the user that it's needed.

Neurological

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d100	Trait
01	Anosognosia
02	Aphantasia
03–04	Apraxia
05	Asomatognosia
06–08	Brain Fog
09–15	Fainting
16–29	Fatigue
30–32	Fever
33–34	Language Processing
35–40	Memory Loss
41–51	Pain
52–58	Seizures
59–61	Sensory Processing Difference
62–74	Sleep Disruptions
75–77	Slow Movement
78–87	Social Interaction Difference
88–89	Spatial Neglect
90–91	Special Interest
92–93	Sensory Processing Difference
94–95	Synesthesia
96–100	Unrelated Stimulus Reflex

Skeletal Flexibility

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Your tendons and joints are pliable, making basic tasks like sitting upright or moving painful. You take $(IE) \times 10$ percent less damage from all bludgeoning damage. Your movement rate is reduced by $(IE) \times 10$ percent, and you have a $+(IE)$ bonus on all saving throws against bludgeoning, force, or thunder damage, but when you take bludgeoning, force, or thunder damage, you must succeed on a Dexterity saving throw to avoid falling prone as your joints buckle. The DC equals $8 + (IE)$ or half the damage you take, whichever number is higher. If you take damage from multiple sources, such as a club and a ram, you make a separate saving throw for each source of damage. You also can benefit from a $+(IE)$ bonus to all rolls against being restrained or grappled, although this also causes (IE) psychic damage if you use this bonus due to the pain. You've learned a lot about your own bones and joints, so you have a $+(IE)$ bonus to Wisdom (Medicine) checks related to bones and joints. If you have multiple traits, you may choose Dislocation and Hyperelasticity as one or more of them.

Real-world Examples

Ehlers-Danlos Syndrome, Joint Hypermobility Syndrome, Hypophosphatasia, Osteoporosis

Assistive Options

Braces over your limbs and joints can give you a +1 to the Dexterity saving throws to avoid falling prone but also cause a -1 penalty on all Dexterity (Acrobatics) checks.

Disproportionate Growth

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1d4 areas of your body are (IE) × 20 percent smaller than their typical proportion for your ancestry. Choose or roll on the following table. This smaller stature allows you to hide more easily, giving you a +(IE) bonus on Dexterity (Stealth) checks.

d20	Shortened Area
1–4	Trunk
5–7	Arms & Hands
8–10	Legs & Feet
11–13	Arms
14–16	Legs
17–20	Head

- **Trunk.** Because most of your internal organs are in your trunk, some are underdeveloped, causing a -(IE) penalty on Constitution saving throws.
- **Arms & Hands.** You can't use 2-handed weapons effectively. Because you have less leverage, you have a -(IE) penalty on contested Strength checks.
- **Legs & Feet.** Your movement speed is reduced by (IE) × 5 feet. You also have a -(IE) penalty on Dexterity checks to

balance.

- **Arms.** Your arms are shorter, but your hands are average size. Because you have less leverage, you have a -(IE) penalty on contested Strength checks.
- **Legs.** Your legs are shorter, but your feet are average size. Your movement speed is reduced by (IE) × 5 feet.
- **Head.** The reduced size of your head causes (IE) other traits according to the following table, each with its own IE.

d6	Trait
1	Seizures
2	Intellectual Disability
3	-(IE) on Dexterity checks to balance
4	Swallowing Difficulties
5	Hearing Loss
6	Refractory Issues

Real-world Examples

Achondroplasia, Turner Syndrome, Growth Hormone Deficiency, Spondyloepiphyseal Dysplasia Congenita, Microcephaly

Assistive Options

Wheelchairs and other mobility devices can be helpful to assist with some of the penalties associated with these traits.

Magical Assistance

Magic items that give magical strength such as a Girdle of Giant Strength can assist with the Strength penalties of some of these.

Dislocation

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(IE) of your joints dislocate(s) easily. Whenever you make a Strength ability check or attack roll or melee attack, stand or walk for $20 \div (\text{IE})$ minutes, walk on difficult terrain or stairs for $10 \div (\text{IE})$ minutes, or take bludgeoning, force, or thunder damage, you must succeed on a DC $8 + (\text{IE})$ Strength saving throw. If these rolls or damage happen multiple times in consecutive rounds, or for each 10 minutes of difficult standing or walking, the IE increases by 1 until you rest for 1 round per added IE. On failure, a joint subluxates (partially dislocates). If you fail by more than 5, the joint dislocates. Use the following table to determine which joint.

d10	Joint Dislocation
1	Finger
2–3	Shoulder
4–5	Ribs
6	Knee
7	Elbow
8–9	Hip
10	Jaw

After a subluxation, you experience a -1 penalty on all rolls with that joint until you take a long rest. After a dislocation, you must succeed on a subsequent DC 8 Strength check to put the

joint back together, using 1 action. (You can receive help resetting it.) On a successful attempt to reset it, you can use the limb, but you experience a -(IE) penalty on all rolls with that joint due to post-dislocation pain until you take a short rest. Following a long rest or getting up from being prone, you must succeed on a DC 8 + (IE) Strength saving throw or have another subluxation or dislocation as above from the way you were laying on the joint. If you have multiple traits, you may choose [Pain](#), [Skeletal Flexibility](#) or [Hyperelasticity](#) as one or more of them.

Real-world Examples

Ehlers-Danlos Syndrome, Hypermobility Syndrome

Assistive Options

Wearing a brace can reduce the IE by 1 but causes a -1 penalty on Dexterity checks using that limb. Surgery (IE × 100 gp), requiring a successful DC (IE) + 10 Wisdom (Medicine) check, may prevent Dislocation, but it limits joint movement afterward, giving you a permanent -2 penalty on applicable Strength (Athletics) and Dexterity (Acrobatics) checks.

Magical Assistance

Healing magic specifically applied to the limb, once reset, can remove the penalty for the post-dislocation pain instead of restoring hit points.

Skeletal Difference

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(IE) areas of your body are not the shape typical for your ancestry—curved, rotated, bulbous, or otherwise different. Roll on the following table for the locations:

d10	Area
1–2	Ribs
3–6	Arm
7–10	Leg

- **Ribs.** Your ribs are too small for your chest. You have trouble breathing as your ribs press on your lungs. Every minute of exertion, such as combat, a walking forced march, or climbing, you need to either succeed on a DC 5 + (IE) Constitution saving throw—increasing cumulatively by 1 every minute of exertion—or take one level of exhaustion until taking a short rest.
- **Arm.** Your arm bone curves or is underdeveloped such that you have a -(IE) penalty on all Strength checks and melee attack rolls that use your arms.
- **Leg.** Your leg bone curves or is underdeveloped such that you have a -(IE) penalty on all Strength checks and melee attack rolls that use your legs.

Real-world Examples

Paget's Disease of Bone, Neurofibromatosis, Jeune Syndrome, Spondylocostal Dysplasia, Spondylothoracic Dysplasia, Phocomelia

Assistive Options

Depending on the nature of the malformation, a prosthetic might help reduce the penalty by 1 in some instances. For other manifestations, a wheelchair or other mobility device may help.

Calcification

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You have calcium deposits building up in your body. This results in $(IE) \times 10$ percent of your body being covered in horn-like extrusions. You can use these deposits as an unarmed attack causing $2 (1d4) + \text{Strength modifier}$ piercing damage. You are unable to wear most armor without it being custom made, costing $200 \text{ percent} + (IE) \times 10 \text{ percent}$ and taking $100 \text{ percent} + (IE) \times 10 \text{ percent}$ time to smith. You have a $-(IE)$ penalty on disguise attempts and a $-(IE)$ penalty on Charisma (Persuasion) checks. Calcification occurs internally, too, which is usually harmless but could lead to painful complications. Every 28 days, roll $1d20$. On a 1, you must succeed on a DC 5 Constitution saving throw. Each time this happens (regardless of the result of the saving throw), the DC increases by 1, and each time you fail the saving throw, the original roll increases by 1, making it more likely to happen in the future. On a failed saving throw, you experience internal pain, $2 (1d4)$ psychic damage, until you succeed on a daily Constitution saving throw of the same value as the one you failed.

Real-world Examples

Kidney Stones, Hypercalcemia, Osteophytes (In real life, calcification is purely internal. Its expression here is a

fantasy exaggeration, and those wishing for a more realistic representation can use just the internal mechanics.)

Assistive Options

Drinking twice the usual amount of water every day gives a +1 bonus to Constitution saving throws against internal calcification complications.

Magical Assistance

Magical healing applied directly to the source of internal pain will heal that occurrence but not heal other damage.

Altered Growth

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Your bones grew more than normal (50 percent) or less than normal (50 percent).

If more, then your height is $(IE) \times 10$ percent more than the typical maximum height for your ancestry. Because of the strain that this puts on your body, you have a $-(IE)$ penalty on all Constitution checks, and clothing and armor usually costs an additional 100 percent + $(IE) \times 10$ percent.

If less, your height is $(IE) \times 10$ percent less than the typical minimum for your ancestry. The same hormonal deficiency that reduces growth also reduces some organ development, so you have a $-(IE)$ penalty on Constitution saving throws.

Real-world Examples

Acromegaly, Gigantism, Growth Hormone Deficiency, Down Syndrome

Assistive Options

These traits have no mundane assistive devices. Some with these traits pose as those of other ancestries such as short humans as [halflings](#), although halflings and those familiar with them notice the difference in body proportions.

Magical Assistance

The [Enlarge/Reduce](#) spell and items that duplicate its effects assist with the size difference but do not remove the Constitution penalties.

Skeletal

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d20	Trait
1-4	Altered Growth
5-7	Calcification
8-10	Skeletal Difference
11-16	Dislocation
17-19	Disproportionate Growth
20	Flexibility

Organ System

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d100	Organ System
01-10	Skeletal
11-25	Nervous
26-35	Muscular
36-47	Endocrine
48-62	Immune
63-77	Cardiovascular/Circulatory
78-91	Integumentary
92-100	Digestive