

# Limitless Heroics Tables: Using Disability in DnD

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## Free Preview Explanation

Welcome to the free preview of [Limitless Heroics](#). This page provides tables and instructions for adding traits.

Players & GMs may [use this form to communicate their preferences](#) as to which of these to include and avoid in their game.

[Download an illustrated PDF with these tables and a guide how to implement it at your table free at DriveThruRPG.](#) Check back here soon for a random generator that turns these tables into a single click.

The [full book](#) includes descriptions and full game mechanics for each trait. Each trait also includes assistive options, magical assistance, and real world examples.



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100% of content creators hired for this book are disabled, neurodivergent, and/or have mental or chronic illness, and the variety of art styles intentionally reflects the diversity of experiences and expressions of these conditions.

# Roll for Traits

Players can either roll for a random disability or discuss disability as part of their character concept with their GM, choosing specific traits, Frequencies, and IEs, keeping tropes to avoid in mind.

Game Masters especially who want to include a realistic percentage of disability in a game world's population may find these random generators useful to provide a varied population. Fantasy worlds don't need to have the same clusters of traits that we see in real-world experiences, but it's also beneficial to use real-world clusters (diagnoses, both common and rare, and which vary by region or get organized differently by different cultures) to better understand the experiences of those around us, which again is why the tables allow you to "choose or roll." Maybe you'll do a little of both, or maybe you'll use your first roll to find a real-world experience that includes that trait and learn more about it.

This suggestion also applies to the traits' IEs and Frequencies. Instead of using tables to determine these, you may choose a frequency that ties into the narrative that you're telling together, deciding in advance instead of leaving it to dice rolls.

Many people are afraid to represent these experiences in their games for fear of inaccuracy, but absence isn't necessarily better, so we designed this book to get you started, to provide guidelines so you could feel free to add this inclusion creatively and respectfully.

## Chance of Traits

15–20 percent of people worldwide in real life have some form of

disability. In a world with less medical, therapeutic, and nutritional science but additional magic threats, the rate of disability is likely higher. GMs should decide the rate in the campaign world, but consider 20 percent to be the base rate. Roll 1d20, 1–4 indicating a disability. Any given population within that world should expect roughly the same percentage with possible variations based on environment and any number of other factors.

## Number and Category of Traits

Many disabilities have multiple traits. Choose or roll on the following table to determine the number of traits your character has. If replicating a real-world cluster or more than one in the same character, you can increase or decrease the quantity.

d20	Traits
1–7	1
8–12	2
13–15	3
16–17	4
18–19	5
20	6

Next, determine whether those traits are physical or mental. The first trait is equally likely to be physical or mental. (Roll d20: 1–10 = physical, 11–20 = mental) Subsequent traits are more likely to be in the same category, so add or subtract 2 cumulatively to the roll for the category of each additional trait. (e.g. 4 traits: First roll = 18 (mental), so the next roll would be 1–8 physical and 9–20 mental. Next roll =

10 (mental), so the next roll would be 1–6 physical and 7–20 mental. Next roll = 4 (physical), so the final roll would be 1–8 physical and 9–20 mental.) No matter how the range adjusts, a roll of 1 is always physical, and a 20 is always mental.

## **Impact Extent (IE)**

Each trait can vary in the impact of its expression. Roll on the following table to determine the impact of each trait. See the individual trait descriptions for impact explanations. Unless otherwise stated in the description, any saving throws required by the adverse effects are DC 8 + (IE). Note that the term “impact” and the Extent labels are used for mechanical shorthand to cover a wide variety of traits, but these terms aren’t always appropriate descriptors for their real-world counterparts. Players are encouraged to use more accurate descriptors or just the mechanical number. (e.g. Many neurodiverse traits are not appropriately described as “Acute” or with negative connotations; sensory disabilities, such as visual impairment, may be better described as “Complete” at IE 4.) If a trait causes an additional experience without a listed IE, choose or roll on this table for the new experience’s IE.

### ***Pushing Through and Masking***

*You can use significant effort and concentration to force yourself overcome the challenges associated with many traits, temporarily reducing the IE penalties of a trait by expending one Hit Die per IE until the end of the encounter or for 1 minute, whichever is longer. This only affects ability checks, not saving throws, and all rolls to maintain concentration while pushing through are made with disadvantage. You also have advantage on Charisma (Deception) checks to conceal your trait.*

D20	IE
1-9	Mild (1)
10-15	Moderate (2)
16-18	Substantial (3)
19-20	Total (4)

## Frequency

Traits can come and go, sometimes appearing instantly and disappearing as quickly. Others appear and disappear gradually over the course of days. Some can disappear for months or years and suddenly manifest again, and some never go away. Choose or roll on the following table to determine the duration of each trait. (Note: This may not be applicable to many traits. e.g. missing limbs don't generally come and go without magic. Players and GMs should use discretion for this table and see the trait description.)

**All trait descriptions assume the effects only occur while the trait is active, unless otherwise noted.**

### *Variant Rule: Plot Arc-Based Timing*

*For traits with Periodic Frequency or those that change over extended periods of time, instead of rolling for a number of days between changes or saving throws, depending on the trait description, make the change or roll based on the story arcs in your campaign, such as a climactic moment or after a major event when everyone is recovering. The players should decide how trait timing will be handled when implementing this system.*

d20	Time	Frequency
1	Roll Twice	A trait may not fit one of these patterns exactly. Roll twice, and decide how they might combine, such as a trait that is Triggered but fluctuates in IE like Chronic or Frequent but only Periodic throughout a given day.
2	Remission	The trait begins absent. It will recur in 1d100 days, taking 1d4 days to reach full effect. On a roll of 95–100, roll again and add the rolls together, repeating for each roll of 95–100. At the end of the time period, the trait gradually disappears over 1d4 days, then roll the same way for the duration of remission.
3–7	Periodic	The trait fluctuates. It will recur in 1d20 days, rerolling cumulatively on a 20, taking 1d100 hours to reach full effect. On a roll of 95–100, roll again and add the rolls together, repeating for each roll of 95–100. At the end of the traits, they gradually disappear over 1d100 hours.

d20	Time	Frequency
8-13	Triggered	<p>The trait is triggered randomly or by one or more stimuli (or absence of a stimulus, like withdrawal) as determined by a discussion between the player and GM. The trait lasts as long as the stimulus is present plus 1d100 minutes, extended as above unless otherwise noted. (For absence of stimulus, the trait begins after 1d100 minutes and lasts until the stimulus is restored.) Note that some stimuli may be unknown to the character and seem random until discovering the triggering stimulus.</p>
14-17	Frequent	<p>The trait occurs more often than not but has periods of inactivity. Roll 1d20 every morning. The trait is present all day unless rolling a 19 or 20.</p>
18-19	Chronic	<p>The trait is always present, but if the Extent is more severe than mild, roll 1d20 each morning. The trait for the day is 1 Extent less on a roll of 15-19 and 2 Extents less on a roll of 20 with a minimum of mild.</p>

d20	Time	Frequency
20	Degenerative	<p>The trait starts out Mild and gradually becomes Acute in 300d100 days. Once a degenerative trait becomes Acute, the character must succeed on seven daily DC 10 Constitution saving throws or gain a permanent level of exhaustion. Note: Degenerative conditions even in a fictional character, can be emotionally taxing. This RPG is a game, and such a bleak prognosis may take the fun out of the game, and this would work counter to the goal of this book, so the GM should always give a player the choice to reroll this result for the player's own mental health. That said, the author's own father struggled with a degenerative disease for decades and lived with its accompanying disabilities, and he lived a heroic life in service to others. Many a tale can be told of heroes who finish their quest and ride off into the sunset, knowing their days are numbered, but that lives are meaningful however long they last.</p>

### ***Variant Rule: Good and Bad Days***

*In addition to overall trends in Frequency, many Traits have a fluctuating IE. Roll 1d20 after a long rest for each applicable trait.*



d20	Effect
1–7	Good Day: All IE-related penalties are reduced by 1 (Minimum 0)
8–17	No change
18–20	Bad Day: All IE-related penalties are increased by 1 (Maximum 4)

## Trait Descriptions

### Physical Traits

For each physical trait, choose or roll to determine appendage or organ system (50/50 chance for each). Then roll on the appropriate table.

#### Appendage

d20	Appendage
1–2	<a href="#">Face</a>
3–5	<a href="#">Ears</a> (Roll again: 1–12 = 1 ear; 13–20 = 2 ears)
6–8	<a href="#">Eyes</a> (Roll again: 1–12 = 1 eye; 13–20 = 2 eyes)
9	<a href="#">Nose</a>
10–12	Mouth
13	<a href="#">Neck &amp; Back</a>
14–16	<a href="#">Arms &amp; Hands</a> (Roll again: 1–12 = 1; 13–20 = 2)
17–19	<a href="#">Legs &amp; Feet</a> (Roll again: 1–12 = 1; 13–20 = 2)
20	<a href="#">Teeth</a>

## Face

d100	Trait
1-10	<a href="#">Diverse Face Shape</a>
11-25	<a href="#">Face Cleft</a>
26-45	<a href="#">Face Color Difference</a>
46-60	<a href="#">Face Paralysis</a>
61-80	<a href="#">Face Rash</a>
81-85	<a href="#">Tumor</a>
86-100	Face Tremor

## Ear(s)

d20	Trait
1	<a href="#">Diverse Ear Shape</a>
2	Hyperacusis (sound sensitivity)
3	Diplacusis (double hearing)
4-5	<a href="#">Ear Discharge</a>
6-7	<a href="#">Dizziness</a>
8-12	<a href="#">Hearing Loss</a>
13-15	<a href="#">Ear Pain</a>
16-20	<a href="#">Tinnitus</a>

### Diverse Ear Shape

One or both of your ears has a shape that's unusual for your ancestry. Choose or use the following table to determine the

unusual shape and effects. This is a permanent condition.

<b>d20</b>	<b>Trait</b>
1	<a href="#">Diverse Ear Shape</a>
2	Hyperacusis (sound sensitivity)
3	Diplacusis (double hearing)
4-5	<a href="#">Ear Discharge</a>
6-7	<a href="#">Dizziness</a>
8-12	<a href="#">Hearing Loss</a>
13-15	<a href="#">Ear Pain</a>
16-20	<a href="#">Tinnitus</a>

<b>d20</b>	<b>Ear Shape</b>
1-10	Miniature or Missing
11-12	Dangling Earlobes
13-14	Aquatic
15-16	Musoid
17-18	Fennec
19-20	Forked

## **Discharge**

A substance leaks out of your ears. Roll on the table below for the nature and effects of the substance.

<b>d20</b>	<b>Discharge</b>
1	Acid
2-6	Blood
7	Light
8-14	Pus
15-16	Smoke
17-19	Sweat
20	Venom

## Eye(s)

<b>d100</b>	<b>Trait</b>
01	<a href="#">Akinetopsia</a>
02	<a href="#">Aquatic Vision</a>
03-10	<a href="#">Blindness</a>
11-17	<a href="#">Cataract</a>
18	<a href="#">Clairvoyance</a>
19-24	<a href="#">Colorblindness</a>
25-29	Discharge
30-32	<a href="#">Eye Color Difference</a>
33-34	<a href="#">Ocular Diversity</a>
35-39	<a href="#">Eyelid Spasms</a>
40	<a href="#">Microvision</a>
41-43	<a href="#">Missing Eye</a>
44-48	Moisture Deficiency
49-54	<a href="#">Night Blindness</a>

<b>d100</b>	<b>Trait</b>
55–59	<a href="#">Eye Pain</a>
60–62	<a href="#">Partial Field Blindness/Agnosia</a>
63–64	<a href="#">Palinopsia</a>
65	<a href="#">Periscopic Vision</a>
66–71	<a href="#">Photosensitivity</a>
72–93	<a href="#">Refractive Difference</a>
94–99	<a href="#">Involuntary Eye Movement</a>
00	<a href="#">Thermal Vision</a>

## Discharge

A substance leaks out of your eyes. Roll on the table below for the nature and effects of the substance.

<b>d20</b>	<b>Discharge</b>
1	Acid
2–6	Blood
7	Ink
8–9	Oil
10–15	Pus
16–19	Tears
20	Venom

## Eye Color Difference

Your eyes are colored outside the usual range of hues typical for your people according to the following table.

<b>d20</b>	<b>Eye Region</b>
1-3	Pupil
4-10	Iris
11-17	Sclera (Whites)
18-20	Entire eye

## **Ocular Diversity**

One or both of your eyes are shaped or located outside the range typical for your ancestry. Choose or roll on the following table. Note that this is usually a permanent condition and does not fluctuate, but the player and GM are welcome to determine a magical version that fluctuates based on the Frequency table above. Example stimuli include sunrise/sunset, seasons, or stress.

<b>d20</b>	<b>Ocular Diversity</b>
1-3	Location
4-5	Eyelid Difference
6-8	Bulging
9-10	Sunken
11-13	Oversized
14-15	Undersized
16-19	Pupil Difference
20	Side Placement

## **Partial Field Blindness/Agnosia**

You're unable to see or recognize certain areas or features.

Choose or roll on the following table.

<b>d20</b>	<b>Visual Difference</b>
1–8	Closed Angle Vision
9–14	Open Angle Vision
15–16	Humanoid Agnosia
17–18	Animal Agnosia
19–20	Topographical Agnosia

### **Humanoid Agnosia**

You are unable to recognize a specific part of a humanoid body or distinguish it from others according to the following table.

<b>d20</b>	<b>Feature</b>
1–8	Face
9–10	Fingers/hands/claws
11–13	Hair
14–16	Clothing
17–20	Voice

### **Nose**

<b>d20</b>	<b>Trait</b>
1–8	<a href="#">Anosmia</a>
9–12	Discharge

<b>d20</b>	<b>Trait</b>
13–16	<a href="#">Difference</a>
17	<a href="#">Horn Growth</a>
18	<a href="#">Hypersensitive Smell</a>
19–20	<a href="#">Nasal Echo</a>

## Nose Discharge

A substance leaks out of your nose. Roll on the table below for the nature and effects of the substance.

<b>d20</b>	<b>Discharge</b>
1–3	Blood
4	Honey
5–10	Mucus
11–13	Pus
14	Smoke
15–20	Tears

## Nose Difference

<b>d100</b>	<b>Difference</b>
1–15	Bulbous
16–26	Enlarged
27–34	Elongated
35–39	Hanging
40–49	Hooked



<b>d100</b>	<b>Difference</b>
50–54	Inverted nostrils
55–67	Fissures
68–75	Porcine
76–85	Recessed
86–100	Warped

## Mouth Traits

<b>d100</b>	<b>Trait</b>
01–05	<a href="#">Dysgeusia</a>
06–24	<a href="#">Mouth Discharge</a>
25–26	<a href="#">Mouth Color Difference</a>
27–31	<a href="#">Mouth Difference</a>
32–51	<a href="#">Moisture Imbalance</a>
54–55	<a href="#">Mouth Deterioration</a>
56–65	<a href="#">Mouth Pain</a>
66–95	<a href="#">Speech Impediment</a>
96–100	<a href="#">Tongue Difference</a>

## Dysgeusia

<b>d20</b>	<b>Taste Alteration</b>
1–5	Amplification
6–10	Disruption
11–13	Discrimination Modification

<b>d20</b>	<b>Taste Alteration</b>
14–20	Sensitivity

## Sensitivity

<b>d6</b>	<b>Taste</b>
1	Sweet
2	Sour
3	Bitter
4	Salty
5–6	Spicy

## Mouth Discharge

<b>d20</b>	<b>Discharge</b>
1–4	Blood
5	Cold
6	Fire
7	Gas
8–11	Mucus
12–19	Saliva
20	Smoke

## Mouth Difference

<b>d100</b>	<b><u>Mouth Difference</u></b>
1-15	Chin Shape Difference
16-27	Jaw Dislocation
28-37	Lip Absence
38-42	Minimal Opening
43-48	Mouth Location Difference
49-63	Misaligned Jaw
64-78	Oversized Mouth
79-100	Tooth Difference

## **Chin Shape Difference**

<b>d20</b>	<b>Chin Shape</b>
1-4	Bulbous
5-6	Curled
7-8	Forked
9-13	Missing
14-18	Oversized
19-20	Pointed

## **Tongue Difference**

<b>d20</b>	<b>Difference</b>
1-6	Extended
7-9	Forked
10-16	Minimal

<b>d20</b>	<b>Difference</b>
17	Prehensile
18	Proboscis
19	Symbiotic
20	Vampiric

## Neck & Back

<b>d100</b>	<b>Trait</b>
01–15	<a href="#">Spine Difference</a>
16–30	Growth
31–32	<a href="#">Neck Length Difference</a>
33–57	<a href="#">Pain</a>
58–60	<a href="#">Ridges</a>
61–62	<a href="#">Spina Bifida</a>
63–89	<a href="#">Neck/Back Stiffness</a>
90–94	<a href="#">Swallowing Difficulty</a>
95–96	<a href="#">Tail Difference</a>
97–100	<a href="#">Vocal Cord Difference</a>

## Vocal Cord Differences

<b>d20</b>	<b>Vocal Cord Difference</b>
1–4	Noisy Breathing
5	Pitch Irregularity
6	Reverberation

<b>d20</b>	<b>Vocal Cord Difference</b>
7-10	Silent
11-16	Uncontrolled Volume
17-20	Wheezing

## Uncontrolled Volume

<b>IE</b>	<b>Loud Voice</b>	<b>Quiet Voice</b>
1	Conversational volume; can't talk quieter	Conversational volume; can't talk louder
2	Always project your voice	Always mumble
3	Always yell as loud as possible	Always whisper
4	Always talk louder than humanly possible	Always whisper so quietly that enhanced hearing or very close proximity is needed to hear

## Arm(s) & Hand(s)

<b>d100</b>	<b>Trait</b>
1-8	<a href="#">Finger Difference</a>
9-12	<a href="#">Hypersensitivity</a>
13-22	<a href="#">Missing Arm or Hand</a>
23-32	<a href="#">Muscle Control</a>
33-42	<a href="#">Pain</a>
43-52	Arm/Hand Paralysis & Numbness
53-72	<a href="#">Arm/Hand Stiffness</a>

<b>d100</b>	<b>Trait</b>
73–77	<a href="#">Strength Control</a>
78–92	<a href="#">Hand Tremor</a>
93–100	<a href="#">Weakness</a>

## Finger Difference

<b>d20</b>	<b>Finger Difference</b>
1–4	Shape Diversity
5–8	Missing Fingers
9–10	Overgrowth
11–13	Polydactyly
14–15	Syndactyly
16	Talons
17–18	Undergrowth
19–20	Webbed

## Leg(s) & Foot (/Feet)

<b>d100</b>	<b>Trait</b>
01–10	<a href="#">Atypical Toes</a>
11–20	<a href="#">Difference</a>
21	<a href="#">Hypersensitivity</a>
22–31	Missing
32–41	<a href="#">Muscle Control &amp; Gait Difference</a>
42–60	<a href="#">Leg/Foot Pain</a>

<b>d100</b>	<b>Trait</b>
61–70	<a href="#">Leg/Foot Paralysis &amp; Numbness</a>
71–85	<a href="#">Lower Body Stiffness</a>
86–95	<a href="#">Leg Tremor</a>
96–100	<a href="#">Leg Weakness</a>

## Toe Difference

<b>d20</b>	<b>Toe Difference</b>
1–3	Atypically-shaped
4–10	Missing toes
11–12	Overgrowth
13–14	Polydactyly
15–16	Syndactyly
17	Talons
18–19	Undergrowth
20	Webbed

## Foot Difference

<b>d20</b>	<b>Foot Difference</b>
1–7	Arch Irregularity
8–9	Claw Heel
10–13	Clubfoot
14	Hooves
15	Prehensile Feet

<b>d20</b>	<b>Foot Difference</b>
16–20	Toe Walking

## Teeth

<b>d20</b>	<b>Trait</b>
1–2	Discoloration
3–6	Difference
7–13	<a href="#">Missing</a>
14–20	<a href="#">Pain</a>

## Tooth Difference

<b>d20</b>	<b>Tooth Difference</b>
1–6	Buck Teeth
7–8	Fangs
9–14	Oversized
15	Sabertooth
16	Shark Teeth
17	Tusks
18–20	Undersized

## Organ System



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

## Skeletal

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

## Skeletal Difference

<b>d10</b>	<b>Area</b>
1-2	Ribs
3-6	Arm
7-10	Leg

## Dislocation

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

## Disproportionate Growth

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

**Head.** The reduced size of your head causes (IE) other traits according to the following table, each with its own IE.

d6	Trait
1	<a href="#">Seizures</a>

<b>d6</b>	<b>Trait</b>
2	<a href="#">Intellectual Disability</a>
3	-(IE) on Dexterity checks to balance
4	Swallowing Difficulties
5	<a href="#">Hearing Loss</a>
6	Refractory Issues

## Neurological Differences

<b>d100</b>	<b>Trait</b>
01	<a href="#">Anosognosia</a>
02	<a href="#">Aphantasia</a>
03-04	<a href="#">Apraxia</a>
05	<a href="#">Asomatognosia</a>
06-08	<a href="#">Brain Fog</a>
09-15	<a href="#">Fainting</a>
16-29	<a href="#">Fatigue</a>
30-32	<a href="#">Fever</a>
33-34	<a href="#">Language Processing</a>
35-40	<a href="#">Memory Loss</a>
41-51	<a href="#">Pain</a>
52-58	<a href="#">Seizures</a>
59-61	<a href="#">Sensory Processing Difference</a>
62-74	<a href="#">Sleep Disruptions</a>
75-77	Slow Movement
78-87	Social Communication Disability

<b>d100</b>	<b>Trait</b>
88–89	<a href="#">Spatial Neglect</a>
90–91	<a href="#">Special Interest</a>
92–93	Stimulus Processing Disability
94–95	<a href="#">Synesthesia</a>
96–100	<a href="#">Unrelated Stimulus Reflex</a>

## Apraxia

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

## Language Processing

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.

<b>d20</b>	<b>Language Processing Expression</b>
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

## Memory Loss

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

## Pain

<b>d10</b>	<b>Pain Experience</b>
1–5	Chronic Pain
6–9	Hyperalgesia
10	Hypoalgesia

## Seizures

<b>d100</b>	<b>Seizure Type</b>
1–40	Focal Aware Seizures
41–60	Focal Impaired Awareness Seizures
61–67	Absence Seizures
68–77	Myoclonic Seizures
78–82	Clonic Seizures
83–88	Tonic Seizures
89–93	Atonic Seizures
94–100	Tonic Clonic Seizures

- **Focal Aware Seizures.** You have a strange feeling for (IE)d20 seconds resulting in one of the following experiences.

<b>d8</b>	<b>Experience</b>
1	<a href="#">Nausea</a>

d8	Experience
2	Unusual smell or taste: You smell or taste something with no known source. You have a -(IE) penalty on all Wisdom (Perception) checks related to smell and taste for the duration.
3	<a href="#">Amplified Emotion</a> (equally likely enjoyable or uncomfortable)
4	Myoclonic Seizure in one random arm
5	<a href="#">Numbness</a> in one random limb
6	Feeling like one random limb is larger or smaller than it actually is: you have a -(IE) penalty on all Dexterity attack rolls; ability checks; and saving throws with that limb for the duration.
7	Perception of colored or flashing lights: You have a -(IE) penalty on all Wisdom (Perception) checks involving vision
8	Hallucination

## Sensory Processing Difference

d6	Sensory Processing Pattern
1	Sensory Over-Responsivity
2	Sensory Under-Responsivity
3	Sensory Craving
4	Vestibular Difference
5	Dyspraxia
6	Sensory Discrimination Difference

**Sensory Discrimination Difference.** You have trouble determining variation in 1d4 subtypes of sensory input. Choose or roll on

the following table.

<b>d8</b>	<b>SDD Subtype</b>
1	Auditory
2	Visual
3	Tactile
4	Vestibular
5	Olfactory
6	Gustatory
7	Proprioception
8	Interoception

## **Sleep Disruptions**

<b>d100</b>	<b>Sleep Disruption</b>
1–6	Confusional Arousals
7	Exploding Head
8–17	Hypersomnolence
18–40	Insomnia
41–44	Night Terrors
45–50	Nightmares
51–52	Sleep Aggression
53–55	Sleep Behaviors
56–60	Sleep Enuresis
61–62	Sleep Paralysis
63	Sleep Sorcery



<b>d100</b>	<b>Sleep Disruption</b>
64–86	Sleep-Related Breathing Disruption
87–88	Sleep-Related Hallucinations
89–93	Sleep-Related Movements
94–97	Sleep-Wake Disruptions
98–100	Sleepwalking

- **Sleep-Wake Disruption** Your internal sleep clock does not correspond to your intended pattern. If you cannot follow your internal pattern, follow the rules for Insomnia accordingly.

<b>d10</b>	<b>1d10 if you have IE 4 <a href="#">Blindness</a></b>	<b>Sleep-Wake Disruption</b>
1–4	1–3	Irregular Rhythm
5–9	4–7	Delayed Phase
10	8–10	Non-synchronized Circadian Rhythm

## Spatial Neglect

- **Axis** you neglect half of your perceptive field, according to the following table.

<b>1d10</b>	<b>Neglected Half</b>
1–4	Left

<b>1d10</b>	<b>Neglected Half</b>
5–8	Right
9	Top
10	Bottom

## **Sense Processing Difference**

<b>d10</b>	<b>Sense</b>
1–3	Sight
4–7	Hearing
8–9	Touch
10	Smell & Taste

## **Synesthesia**

<b>d6</b>	<b>Sense</b>
1	Vision
2	Hearing
3	Touch
4	Smell/Taste
5	Proprioception (movement)
6	Mirror

## **Muscular**

<b>d20</b>	<b>Trait</b>
01-10	<a href="#">Cramps</a>
11-14	<a href="#">Fine Motor Control Loss</a>
15-17	<a href="#">Gross Motor Control Loss</a>
18-19	<a href="#">Hiccups</a>
20	<a href="#">Paradoxical Myotonia</a>

## Endocrine Differences

<b>d20</b>	<b>Trait</b>
1-3	<a href="#">Agitation</a>
4-5	<a href="#">Delayed puberty</a>
6-8	<a href="#">Diabetes</a>
9	<a href="#">Infertility</a>
10	<a href="#">Intersex</a>
11-14	<a href="#">Temperature Intolerance</a>
15-16	<a href="#">Vertigo</a>
17-20	<a href="#">Weight Difference</a>

## Diabetes

<b>d10</b>	<b>Effect</b>
1-4	Hyperglycemia
5-6	Hypoglycemia
7-10	Both

## Immune System

d20	Trait
1-10	<a href="#">Allergies</a>
11-12	<a href="#">Atraitatic Disease Carrier</a>
13-20	<a href="#">Immunocompromised</a>
20	<a href="#">Paradoxical Reaction</a>

## Allergies

d4	Allergy			
1	Food Allergy			
2	Venom Allergy			
3	Airborne Allergy			
4	Contact Allergy			

IE	Ingested	Injected	Contact	Inhaled
1	<a href="#">Rash</a>	+10% Damage	<a href="#">Rash</a>	<a href="#">Eye Discharge</a> or <a href="#">Nose Discharge</a>
2	Nausea	+20% Damage	<a href="#">Rash</a> + <a href="#">Eye Discharge</a> or <a href="#">Nose Discharge</a>	<a href="#">Rash</a> + <a href="#">Eye Discharge</a> or <a href="#">Nose Discharge</a>
3	<a href="#">Fatigue</a> + <a href="#">Nausea</a>	+20% Damage + <a href="#">Fainting</a>	<a href="#">Rash</a> + <a href="#">Nausea</a>	<a href="#">Shortness of Breath</a>

<b>IE</b>	<b>Ingested</b>	<b>Injected</b>	<b>Contact</b>	<b>Inhaled</b>
4	Gain 1 level of exhaustion per round	Gain 1 level of exhaustion per round	Gain 1 level of exhaustion per round	Gain 1 level of exhaustion per round

## Paradoxical Reaction

<b>d20</b>	<b>Effect</b>
1	Double Desired Effect
2–3	Opposite Effect
4	Random Physical (Appendage) Trait
5–7	Random Nervous System Trait
8–9	Random Muscular System Trait
10–11	Random Endocrine System Trait
12	Random Immune System Trait
13–15	Random Cardiovascular/Circulatory System Trait
16	Random Integumentary System Trait
17–18	Random Digestive System Trait
19–20	Random Complication

## Cardiovascular / Circulatory

<b>d20</b>	<b>Trait</b>
1	<a href="#">Unique Blood Content</a>
2	<a href="#">Hemophilia</a>
3–11	<a href="#">Hypertension</a>

<b>d20</b>	<b>Trait</b>
12-17	<a href="#">Shortness of Breath</a>
18-20	<a href="#">Vasospasm</a>

## Unique Blood Content

<b>d20</b>	<b><a href="#">Unique Blood Content</a></b>
1-3	Acid
4-5	Chlorocruorin
6-7	Coboglobin
8	Combustible
9-12	Erythrocrurorin
13-14	Hemerythrin
15-17	Hemocyanin
18-20	Vanabins
20	Volatile Liquid

## Integumentary

<b>d100</b>	<b>Trait</b>
01-04	<a href="#">Chronic Acne</a>
05-10	Discoloration
11-13	<a href="#">Keratin Distribution Difference</a>
14-16	Nails Difference
17-21	<a href="#">Sweat Difference</a>
22-28	<a href="#">Blistering</a>

<b>d100</b>	<b>Trait</b>
29–43	Hair Growth Differences
44–45	<a href="#">Hair Material Difference</a>
46–60	<a href="#">Fissures</a>
61–67	<a href="#">Hyperelasticity</a>
68–74	<a href="#">Paresthesia &amp; Phantom Pain</a>
75–100	<a href="#">Rash</a>

## Chronic Acne

<b>1d20</b>	<b>Discharge</b>
1	Acid
2–8	Blood
9	Honey
10–12	Oil
13–19	Pus
20	Venom

## Sweat Difference

<b>1d20</b>	<b>Discharge</b>
1	Acid
2–8	Blood
9	Honey
10–12	Oil
13–19	Pus

<b>1d20</b>	<b>Discharge</b>
20	Venom

## Hair Growth Differences

You have reduced (70%) or excessive (30%) hair growth relative to your ancestry. Choose or roll on the following table.

<b>IE</b>	<b>Reduced</b>	<b>Additional (Cumulative)</b>
1	Missing 50%+ of hair on top of head	Body hair noticeably thicker than average
2	Bald head	Noticeable hair growth in unusual places
3	No hair on face & head	Thick fast-growing facial hair
4	No hair on body	Body; including face; covered in thick hair except nose; palms; & soles

## Hair Material Difference

<b>d20</b>	<b>Hair Material</b>
1-4	Bone
5-6	Crystal
7	Fire
8-10	Moss
11-12	Smoke
13-14	Spores
15	Tendrils



d20	Hair Material
16–18	Vines
19–20	Webs

## Digestive

d100	Trait
01–15	<a href="#">Acid Reflux</a>
16–30	<a href="#">Constipation</a>
31–47	<a href="#">Diarrhea</a>
48–80	<a href="#">Food Intolerance</a>
81–87	<a href="#">Incontinence</a>
98–100	<a href="#">Pervasive Hunger</a>

## Food Intolerance

Your body is unable to digest certain foods or ingredients, causing (IE) of the following traits. This trait time is always Triggered.

d10	Trait
1	Abdominal Cramps
2	<a href="#">Acid Reflux</a>
3	<a href="#">Baseless Emotion</a>
4	<a href="#">Constipation</a>
5	<a href="#">Diarrhea</a>
6	<a href="#">Fatigue</a>

<b>d10</b>	<b>Trait</b>
7	<a href="#">Nausea</a>
8	<a href="#">Rash</a>
9	<a href="#">Shortness of Breath</a>
10	<a href="#">Lower Body Stiffness</a>

Examples of foods causing this reaction include (but are not limited to) the following.

<b>d10</b>	<b>Food</b>
1	Caffeine
2	Dairy
3	Egg whites
4	Fermentable Oligosaccharides; Disaccharides and Monosaccharides and Polyols (FODMAPs)
5	Fructose
6	Gluten
7	Histamine
8	Salicylates
9	Sulfites
10	Yeast

## Mental Traits

<b>d100</b>	<b>Trait</b>
01	<a href="#">Animated Hand</a>

<b>d100</b>	<b>Trait</b>
02–04	<a href="#"><u>Alleviation Behavior</u></a>
05–07	<a href="#"><u>Amplified Emotion</u></a>
08	<a href="#"><u>Anhedonia</u></a>
09–11	<a href="#"><u>Attention Difference</u></a>
12–14	<a href="#"><u>Baseless Emotion</u></a>
15–16	<a href="#"><u>Confusion</u></a>
17–18	<a href="#"><u>Delusions</u></a>
19	<a href="#"><u>Depersonalization</u></a>
20	<a href="#"><u>Derealization</u></a>
21–25	<a href="#"><u>Diminished Motivation</u></a>
26–30	<a href="#"><u>Disinhibited Social Engagement</u></a>
31–34	<a href="#"><u>Eating Disruption</u></a>
35–37	<a href="#"><u>Emotion Fluctuation</u></a>
38	<a href="#"><u>Plurality</u></a>
39–42	Executive Dysfunction
43–44	<a href="#"><u>Hallucinations</u></a>
45–46	<a href="#"><u>Intellectual Disability</u></a>
47	<a href="#"><u>Intrusive Thoughts</u></a>
48–59	<a href="#"><u>Learning Difference</u></a>
60	<a href="#"><u>Obsessive Thoughts</u></a>
61	<a href="#"><u>Personality Difference</u></a>
62–78	<a href="#"><u>Phobia</u></a>
79–83	<a href="#"><u>Repetitive Movement</u></a>
84–90	<a href="#"><u>Startle Amplification</u></a>
91–95	<a href="#"><u>Stimulus Avoidance</u></a>
96–100	<a href="#"><u>Traumatic Flashbacks</u></a>

## Alleviation Behavior

<b>d100</b>	<b>Stimulus</b>
1-6	Aggression
7-10	Body-Focused Repetitive Behavior
11-18	Cleanliness
19-26	Exercising
27-31	Gambling
32-33	Harm
34-36	Hoarding
37-38	Hyperawareness
39	Kleptomania
40	Magic
41-44	Material Order
45-47	Moral Scrupulosity
48-51	Perfectionism
52	Pyromania
53-54	Real Event
55-57	Reassurance Seeking
58-61	Ritual Order
62-64	Sensory Stimulation
65	Shapeshifting
66-71	Shopping
72-73	Spiritual Obsession
74-90	Substance
91-00	Workaholism

## Baseless Emotion

<b>d10</b>	<b>Feeling</b>
1	Dread
2	Guilt
3	Hopelessness
4	Irritability
5	Loss of Interest
6	Panic/Nervousness
7	Restlessness
8	Suspicion
9	Worrying
10	Worthlessness

## Delusions

<b>d100</b>	<b>Delusion</b>
1-6	Atmosphere
7-11	Awareness
12-17	Control
18-22	Dysmorphopsia
23-29	Erotomantic
30-37	Grandiose
38-44	Ideas
45-48	Imposter
49-55	Intensity

<b>d100</b>	<b>Delusion</b>
56–63	Jealousy
64	Macropsia
65	Macrosomatognosia
66–71	Memory
72	Micropsia
73	Microsomatognosia
74–75	Pelopsia
76–82	Persecutory
83–88	Reference
89–96	Somatic
97–98	Teleopsia
99–00	Quick-motion phenomenon

## **Eating Disruption**

<b>d20</b>	<b>Trait</b>
1–4	Anorexia
5–7	Avoidant/Restrictive Food Intake
8–11	Binge Eating
12–14	Bulimia
15–16	Night Eating
17–18	Orthorexia
19	Pica
20	Rumination

## Emotion Fluctuation

<b>IE</b>	<b>Frequency</b>	<b>Duration</b>
1	Every 18d20 days	2d8 + 5 days
2	Every 9d20 days	3d8 + 5 days
3	Every 2d20 days	4d8 + 5 days
4	Every 1d20 days	5d8 + 5 days

## Hallucinations

<b>d20</b>	<b>Sense</b>
1-6	Auditory
7-8	Gustatory
9-11	Olfactory
12-15	Tactile
16-20	Visual

## Learning Difference

<b>1d20</b>	<b>Learning Difference</b>
1-5	Dyscalculia
6-17	Dyslexia
18	Dysorientia
19-20	Visual Processing

## Personality Difference

<b>d100</b>	<b>Trait</b>
1-4	Anhedonia
5-11	Anxiousness
12-14	Attention Seeking
15-19	Callousness
20-22	Cognitive and Perceptual Dysregulation
23-27	Deceitfulness
28-31	Depressivity
32-34	Distractibility
35-37	Eccentricity
38-44	Grandiosity
45-49	Hostility
50-52	Impulsivity
53-55	Intimacy Avoidance
56-60	Irresponsibility
61-65	Manipulativeness
66-68	Perseveration
69-72	Restricted Affectivity
73-81	Rigid Perfectionism
82-84	Risk Taking
85-86	Separation Insecurity
87-88	Submissiveness
89-94	Suspiciousness
95-97	Unusual Beliefs and Experiences
98-00	Withdrawal



# Phobia

Generate Random Phobia

<b>d100</b>	<b>Phobia</b>	<b>Stimulus</b>
1	Biomophobia	a specific biome
2	Topophobia	a specific location or places like it
3	Numerophobia	a specific number
4	Ektrophobia	<a href="#">aberrations</a>
5	Batrachophobia	amphibians and frog-like creatures
6	Thymomenophobia	angry people
7	Kallitechnophobia	aristocrats and royalty
8	Panoplophobia	<a href="#">armor</a>
9	Anthropozoophobia	<a href="#">beast-like humanoids</a>
10	Zoophobia	<a href="#">beasts</a>
11	Autophobia	being alone
12	Catagelophobia	being ridiculed
13	Scotophobia	being stared at
14	Aphenphosmophobia	being touched
15	Ornithophobia	birds
16	Hemophobia	blood
17	Bibliophobia	books and scrolls
18	Toxophobia	bows and other stringed weapons
19	Gephyrophobia	bridges
20	Zootrypono	burrowing creatures

<b>d100</b>	<b>Phobia</b>	<b>Stimulus</b>
21	Koumpounophobia	buttons
22	Wiccaphobia	casters
23	Ailurophobia	cats
24	Angelophobia	<a href="#">celestials</a>
25	Pedophobia	children
26	Politophobia	cities
27	Ierotikophobia	<a href="#">clerics and clergy</a>
28	Kibotophobia	closed containers
29	Coulrophobia	clowns
30	Trypophobia	clusters of small holes
31	Claustrophobia	confined spaces
32	Kataskeniphobia	<a href="#">constructs</a>
33	Chromozoophobia	creatures of a certain color
34	Cornophobia	creatures with horns or antlers
35	Pterophobia	creatures with quills and spikes
36	Plokamophobia	creatures with tentacles
37	Pterugophobia	creatures with wings
38	Achluophobia	darkness
39	Necrophobia	death or dead things
40	Dinosaurophobia	<a href="#">dinosaurs</a>
41	Cynophobia	dogs
42	Draconophobia	<a href="#">dragons</a>
43	Pogonophobia	<a href="#">dwarves</a>
44	Stoicheiodiphobia	<a href="#">elementals</a>
45	Xotikophobia	<a href="#">elves</a>
46	Basophobia	falling

<b>d100</b>	<b>Phobia</b>	<b>Stimulus</b>
47	Neraidophobia	<a href="#">fey creatures</a>
48	Daemonophobia	<a href="#">fiends</a>
49	Pyrophobia	fire
50	Anthophobia	flowers
51	Pteromerhanophobia	flying
52	Megalophobia	<a href="#">giants</a>
53	Nanophobia	<a href="#">gnomes</a>
54	Misophobia	<a href="#">halflings</a>
55	Acrophobia	heights
56	Domatophobia	houses
57	Automatonophobia	<a href="#">human-like figures</a>
58	Entomophobia	insects
59	Astynomiophobia	law enforcement officers
60	Technourgimophobia	<a href="#">magic items</a>
61	Stratiotophobia	martial classes
62	Androphobia	men
63	Catoptrophobia	mirrors
64	Pithikophobia	monkeys and ape-like creatures
65	Teratourgimophobia	<a href="#">monstrosities</a>
66	Aichmophobia	needles or pointed objects
67	Trypanophobia	needles/injections
68	Arithmophobia	numbers
69	Chromophobia	one or more colors
70	Kalikantzarophobia	one or more monstrous humanoid races such as <a href="#">orcs</a> or <a href="#">goblinoids</a>
71	Laspophobia	<a href="#">oozes</a>

<b>d100</b>	<b>Phobia</b>	<b>Stimulus</b>
72	Agoraphobia	open spaces or crowds
73	Algophobia	pain
74	Anthropophobia	people or society
75	Botanophobia	<a href="#">plants</a>
76	Herpetophobia	reptiles
77	Amaxophobia	riding in a cart or carriage
78	Pontikiphobia	rodents
79	Katergarophobia	<a href="#">rogues</a>
80	Metamorphophobia	<a href="#">shapeshifters</a>
81	Microphobia	small animals
82	Ophidiophobia	snakes
83	Chionophobia	snow and ice
84	Glossophobia	speaking in public
85	Arachnophobia	spiders
86	Bathmophobia	stairs or steep slopes
87	Xenophobia	strangers or foreigners
88	Sminophobia	<a href="#">swarms</a>
89	Noctiphobia	the night
90	Tonitrophobia	thunder
91	Astraphobia	thunder and lightning
92	Chronophobia	time (deadlines and schedules)
93	Lilapsophobia	tornadoes and hurricanes
94	Haphephobia	touch
95	Dendrophobia	trees
96	Cacophobia	ugliness
97	Apethanatophobia	<a href="#">undead</a>

<b>d100</b>	<b>Phobia</b>	<b>Stimulus</b>
98	Hydrophobia	water
99	Aerophobia	wind
100	Gynophobia	women