

Attention Deficit (ADHD) for D&D 5e

July 27, 2022



How can you represent Attention Deficit Hyperactivity Disorder (ADHD) in 5e that reflects real world experiences? Here's a free sample from Limitless Heroics to implement them in your game.

Content Warning: [Cyberbullying](#)

Last year, I posted an early draft version of this preview to promote Limitless Heroics as I prepared for the Kickstarter campaign. In December, it, and consequently I, became the target of a Twitter [hater cyberbullying](#) attack by hundreds of people throughout the TTRPG community.

As a result of that, I pulled it down and wanted to hide. I seriously considered canceling the campaign altogether and closing up shop completely, but too many people were counting on me, and I was encouraged by some well-respected people in the industry to carry on, so with much trepidation, I continued with the campaign, avoiding Twitter and literally getting nauseated every time my phone made the new email chime for fear of the subsequent hate that flowed from that attack, and it has taken me this long to work up the courage to make this revised sample live again, reminding myself that, as big as the Twitter mob was, I've received nearly as many heartfelt notes of thanks and support, and *ten times as many* have already backed or preordered

it. And with help from a licensed counselor, I'm learning to manage the subsequent anxiety and depression I've developed.

Ironically, I was recently diagnosed with ADHD myself, so I post this revision with confidence as it also reflects my own lived experience and that of *many* more who also have given input and affirm this as a reflection of their own experiences, plus it has been discussed and revised based on feedback from five sensitivity readers from multiple fields.

Because ADHD is a complex condition with a variety of expressions, we broke it into at least 3 separate traits with options for more, depending on your experience, but here are the three most common associated traits. (I personally have several more.)

You can use this sample by itself for free or [purchase a copy of Limitless Heroics](#) for a more comprehensive guide to disability, neurodiversity, and mental illness representation in fifth edition. Thanks for your interest in making the D&D and broader TTRPG space more inclusive and representative. (If you use it alone, IE = Impact Extent. [See the tables for an explanation.](#))

LAYOUT NOTE: The format of this preview does not reflect the final format of Limitless Heroics, which we designed for maximum accessibility, including dyslexia-friendly.



[Download the Preview at DriveThruRPG](#)

Horror of the Shade





1-shot 5e adventure for level 5/6 characters. Guard a diverse caravan, trapped in a prison dimension by an undead witch-queen. To escape, defeat the witch or help her defeat stone guardians.

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Limitless Heroics: Including Characters with Disabilities, Mental Illness, and Neurodivergence in Fifth Edition



Limitless Heroics is the most comprehensive disability compendium ever created for a Tabletop Role-Playing Game.

[Continue reading →](#)

Limitless Heroics: The Coloring Book

(PDF)



Explore inclusive fantasy art with diverse characters, assistive tools & service animals. Normalize disability, support focus, and foster creativity!

[Continue reading →](#)

Limitless Heroics: The Coloring Book



We used the amazing art from Limitless Heroics to create a coloring book for all ages!

[Continue reading →](#)

Gaining Advantage 016: More Fey, Less Squirrels

July 27, 2022



Let's learn about Attention Deficit Hyperactivity Disorder in a fun way, like a way that will keep your attention! We welcome Kel and Skald from Awfully Queer Heroes!

- 0:00 Introduction
- 04:38 Interview: Awfully Queer Heroes: Adventures in ADHD
- 37:53 Wrap-up

Manually captioned. Transcript available at our website.

Awfully Queer Heroes Links

- [Adventures in ADHD Kickstarter](#)
- @awfullyqheroes

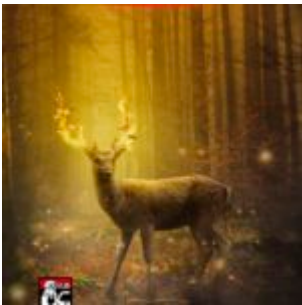
Wyrmsworks Publishing

- Limitless Heroics: <https://inclusiverpg.com>
- <http://wyrmsworkspublishing.com>
- <https://Patreon.com/wyrmsworkspublishing>

- <https://facebook.com/wyrmworkspublishing>
 - [@wyrmworksdale](#)
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The Ember Elk 🦌🔥 (Accessible Adventure of the Week)

July 27, 2022



The fire is coming. Will you prevent it in time?

It's an old forest with majestic trees so thick that the canopy darkens the forest floor, but a looming danger is coming: the Ember Elk! What will happen to the forest when this flaming deer appears? And what about the goblin woman living in the cottage in the woods – can you save her?

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This adventure includes new stat blocks:

- Monster: The Ember Elk
- NPC: [Arieni Kettlewhistle](#) (Our free Disabled NPC of the Week)

4K Battle Map available [free to subscribers](#) or for [purchase at DriveThruRPG](#)

Make Lives Better through Role-Playing Games

This adventure is one piece of a movement within the D&D community to invite, encourage, and include those who have not been, both in the RPG community and nearly everywhere in real life. Wyrmmworks Publishing is dedicated to using RPGs to help you make lives better, to provide tools, training, and a community to this end. We believe that this will extend far beyond the ever-growing RPG community as more and more people learn, grow, and give and receive acceptance.

To that end, this adventure includes disabled NPCs just like in real life, including paralysis and Attention Deficit Hyperactivity Disorder (ADHD).

This free adventure includes a simplified version for screen readers for the blind and visually impaired, stat blocks and information for two monsters, a new artifact, a village map, and multiple NPCs, plus illustrations of each NPC for your players.

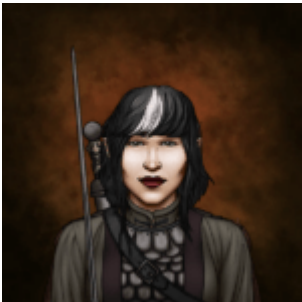
Content Trigger Warnings

This adventure includes topics of violence, death of both people and animals, property destruction, and betrayal.

[Download Free Now!](#)

Arieni Kettlewhistle (Disabled NPC of the Week) now at DMs Guild

July 27, 2022



Arieni Kettlewhistle is a fourth level Ranger (Hunter) halfling who happens to have a paralyzed arm, but she has no problem wielding her hand crossbow and short sword in the other hand! She also has Attention Deficit, so she's easily distracted by interesting plants and fungi, but that hyperfixation makes her a fearsome opponent to vegepygmies and other plant creatures!



Get it free now!

Arieni Kettlewhistle is featured in the Accessible Adventure of the Week, [The Ember Elk](#).

We all have disabled, neurodivergent, and mentally ill people in our lives. Maybe that's you. Doesn't it make sense to have them in our Dungeons & Dragons game, as well? The disabled NPC of the week makes it easy for you to bring characters like that into your game to represent those you care about in real life, to help people become comfortable interacting with people that are different from them, and to normalize disability in all of our lives. Each week, we give you a free NPC with some form of disability that you can plug right into your game, complete with game mechanics taken from the [Disabilities and Depth](#) book. Sign up for our newsletter at wyrmmworkspublishing.com to get notified of more free weekly content!

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Content Trigger Warnings

This character includes topics of violence.

[Get this NPC free now!](#)