

# 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

<b>d100</b>	<b>Trait</b>
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)

<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>

### 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.

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>

d20	Ear Shape
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 + Eye Discharge</a> or <a href="#">Nose Discharge</a>	<a href="#">Rash + 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



<b>d20</b>	<b>Hair Material</b>
16–18	Vines
19–20	Webs

## Digestive

<b>d100</b>	<b>Trait</b>
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.

<b>d10</b>	<b>Trait</b>
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	Amazophobia	riding in a cart or carriage
78	Pontikophobia	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>

d100	Phobia	Stimulus
98	Hydrophobia	water
99	Aerophobia	wind
100	Gynophobia	women

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# Limitless Heroics for 5e (Disability, Neurodiversity, Mental illness Mechanics for DnD)

November 26, 2021



When you play a tabletop role-playing game like 5e, you want to be the hero. The world is different for you having been there, better. **What if you could make the real world better by playing an RPG?!** That's what Limitless Heroics is all about. Limitless Heroics is the **most comprehensive disability compendium ever created for a Tabletop Role-Playing Game. For Fifth Edition, it provides:**

- **640 Pages of content!**
- **450+ Traits:** Game mechanics for nearly every condition or trait in existence (plus some fantasy traits, because that's what you should expect in a world with magic) with 4 Impact Extents, and 6 Frequencies. With 1–6 traits per character (or more), that's **64,800+ combinations with the option to add more.** (Free Sample Trait: [Blindness](#))
- **78 Random tables** to choose or generate the traits, their Impact Extent, and their frequency ([Get a free ashcan sample with all the tables from the book.](#))
- **200+ New Magic Items and an online random generator for thousands more!** Nearly every trait includes mundane and magic assistive options. ([Free Sample Assistive Magic Item: Braces of Blades](#))
- **4 New Monster Stat Blocks** because sometimes, the disability or assistive device is a creature.
- **6 New Spells** because sometimes, assistance comes from a spellbook
- **Service animals** designed as classes (similar to sidekicks)
- **50 Example NPCs**, fully illustrated, ready to use
- **A [one-shot adventure](#)**
- **Thousands of real world examples** so players can learn more and better represent the traits
- **Tutorials:** Opening articles discuss how and why to implement these options, how to discuss it with your players, and common tropes to avoid. **You have all the tools here to run an inclusive campaign.**

Our website will have a [free random generator](#) to simplify determining character traits, but you'll need the book for the descriptions and mechanics, or you can use the included tables to choose or roll manually.

We talked to dozens of people with diverse conditions to make

sure our game mechanics represented their experiences before writing it, and over 900 people looked at the manuscript draft, and we got 90 pages of feedback from their experiences!

All writers, editors, and artists hired for this book are disabled, neurodivergent, and/or have mental or chronic illness.



## **Book Accessibility**

- Dyslexia-friendly layout
- PDF, txt/csv, and ePub versions
- Fully screen reader accessible
- Indexed audio version included with every purchase

## **Real World Benefits**

We believe that this resource will help you normalize disabilities in your life and the lives of other players. Non-disabled people can sometimes feel uncomfortable around disabled people or don't know how to talk or act. This resource allows you to practice in an imaginary world to equip you with empathy and skills to feel increasingly comfortable doing that in the real world. And those with disabilities now have a way to represent their experience in-game to feel empowered and to help others see them more clearly. Imagine what we could communicate to the world when all those actual play Twitch streams include disabled characters!



# This is a movement.

**Limitless Heroics is more than an RPG book. It's a petition.** By supporting this project, you communicate to every game publisher on earth that disabled people exist and can easily be included in their games, that the customers want that representation, and that accessibility and representation are necessary core features for future products. Imagine companies and organizations seeing the success of this movement beyond the RPG community and how that would affect their decisions in the future. Imagine how you as RPG players who work in every industry can work for change to overcome ableism because of what you and your players learned while rolling dice at the RPG table. Imagining is what we do best, but we can use fantasy to change reality. Maybe RPGs have some real world magic after all. Support this project with the 2,287 backers and others who ordered it since, and mark this day on your calendar and social media as the day you helped change the world.

## *About the Players Edition*

*The Players Edition of Limitless Heroics includes everything in the full book except the adventure, magic items, and NPCs, reducing the size and associated costs by 346 pages. If you plan to use these resources in settings where you need multiple copies (e.g. schools, clinics, community organizations, etc.), this will save you some money.*



**We met these stretch goals, all of which are included.**





## **\$25,000: Complications & Prostheses**

Once we hit the \$25,000 goal, we added additional complications and magical prosthetics. Some experiences are not traits of various conditions, but complications that result from them, such as infections, concussions, secondary depression, and intoxication. Once we hit this goal, we added 20 complications to the book and 20 Magical Prostheses.



## **\$30,000: 10 NPCs**

Similar to our previously published [Disabled NPC of the Week](#) but with more details, our character team added 10 NPCs (Non-Player Characters) with full backgrounds, personality details, disabilities, and artwork to the book. These are in addition to the characters created for the **Create a Character** and **DELUXE Create a Character** rewards and add-ons, which will be included automatically.



## **\$40,000: One-Shot Adventure: Horror of the Shade by Theo Kogod**

When a caravan makes camp in the shadow of crumbling ruins, they awaken an ancient revenant and are transported to a dark eldritch dimension. To escape back to the physical world, they will need to fight their way past the undead shade or risk being trapped forever.



## \$50,000: Service Animals

We included a chapter to implement service animals into your game, both real world and fantasy animals, including rules for training and how to use them. This section is written by Brittney Hay with service animal trainer and user consultation.

## Content Warning

This book contains descriptions and game mechanics for nearly every physical, mental, and emotional condition in existence and a few that don't exist, including physical, mental, and emotional trauma and all manner of illnesses, including an entry on phobias and mention or illustrations of possible phobic triggers. If it can happen to your mind and/or body, it's probably here. For those who would have difficulty with any of that, please be aware of that likelihood. Use the table of contents to avoid difficult sections, or give this book to a trusted friend, and let them comb through it for the details you need to build your character while skipping past the traumatic entries.

## Creators



**Dale Critchley (Owner, Wyrmsworks Publishing)** Primary author of Limitless Heroics, [Dale Critchley](#) is the owner, lead writer, and chief tea drinker at [Wyrmsworks Publishing](#). He's been playing tabletop role-playing games since 1982 and launched Wyrmsworks Publishing as a hobby in 2000 to share his homebrew resources with the world. In 2021, after seeing the power that a TTRPG group can have to change the lives of the participants for the better, [he rededicated Wyrmsworks Publishing](#) to focus on using TTRPGs to intentionally improve the lives of others and turned a

hobby into a full time pursuit.



**Beth the Bard, Layout Editor** is the author of “[She is the Ancient: A Genderbent Curse of Strahd](#)” guidebook, now a Platinum best-seller on DMs Guild. She’s also a general TTRPG writer, graphic designer, and professional dungeon master.



**Joie Martin, Cover Layout & Layout Contributor** owns Drowning Moon Studios, a roleplaying game publisher that has produced over a dozen titles and two anthologies since being founded in 2017. They have been writing, developing, editing, and doing layout and graphic design for tabletop and live action roleplaying games since 1996. Beyond roleplaying games, Joie has produced content for a variety of markets, including ARGs, interactive theater, and immersive experiences. They have been a key speaker on panels about roleplaying game design at events such as [DragonCon](#), [MomoCon](#), and [Metatopia](#), and was Head Judge for the [2020 IDGN Indie Groundbreaker Awards](#).



**Naomi Hazlett: Copy Editor, Sensitivity Consultant** **Naomi Hazlett, Bsc., MScOT, OT Reg. (Ont.)** is a writer, editor, and occupational therapist with chronic pain. She is neurodiverse, queer, and lives with chronic pain and mental illness. Her work has most recently focused on social accountability, diversity, and inclusion in occupational therapy and gaming, including the adoption of a critical disability lens. Naomi has played and run TTRPGs for over 20 years; she has worked with organizations including Level Up Gaming, BALANCE for Blind Adults, and LOFT Community Services to run accessible TTRPGs, and consults for D&D Beyond. Naomi has multiple publications in academic journals, magazines, blogs, and poetry collections, and is currently the Managing Editor of the Canadian Association of

Occupational Therapists' national magazine, Occupational Therapy Now. She can be found online at [@naomi\\_hazlett](#) or can be reached [via email](#).



**Melissa Critchley, Sensitivity Consultant**, lives with multiple disabilities. She has worked in the disability field for over 15 years and holds a graduate level certificate in Disability Policy and Services from the University of Minnesota in addition to her interdisciplinary master's degree. She also recently completed an advanced certificate in Equity and Diversity and is an advocate for social justice and equitable societal change. Melissa has played quite a few tabletop RPG games through the decades which include Shadowrun, BESM, D20 Modern, Mutants and Masterminds, and Star Wars. However until we were confined to our homes during Covid quarantines, Melissa hated D&D. A good friend invited her to play over Discord, and despite her objections, convinced her that she "never had him as a DM." It didn't take long before she changed her mind about D&D, and it's now her favorite game.



**Simone Arnold, Sensitivity Consultant, Character Creation Team**  
**Simone Arnold MA, Certified Geek Therapist**, is a neurodivergent, queer clinical mental health counselor in the state of Vermont. They have been working in the mental health field since 2013 across a variety of settings including as a crisis clinician and currently as a counselor at a designated agency. Through this they've had the opportunity to work with people across the disability spectrum. They are also establishing their own private practice that is queer friendly with a special focus on ADHD and Autism. Simone has been gaming since 2012 and has had the opportunity to play across an array of systems including D&D 5e, Pathfinder, Dread, Thirsty Sword Lesbians, Call of Cthulhu and more.



**Matthew Rickmon, Sensitivity Consultant, Character Creation Team, Certified Therapeutic Game Master**, owns Tabletop For Growth ([IG](#), [Twitter](#)), a business dedicated to helping people learn interpersonal skills and develop core values through interactive tabletop games. Matthew has a Bachelor of Science in psychology and a Master of Divinity with a focus in pastoral counseling. He is a Certified Therapeutic Game Master and Certified Geek Specialist through Geek Therapeutics. He lives with multiple chronic illnesses: Crohn's Disease, Irritable Bowel, and Psoriasis. He also strongly suspects he is neurodivergent. Matthew has been writing stories and running in-person and live-streamed tabletop roleplaying games from his home in California since 2019. Beyond running roleplaying games, he maintains a strong partnership with The Erika Legacy Foundation, a mental health awareness and suicide prevention non-profit in Canada. Painting and writing tend to take up his free time when he's not being yelled at by his cat, Mr. Fox, for more pets.



**Theo Kogod** is a genderfluid writer, editor, educator, and activist. Diagnosed with dyslexia and ADHD, Theo learned to read at the age of ten, then attempted writing their first novel a year later. They have written for numerous publications, including the websites CBR, Screen Rant, The Gamer, and The Comics Vault, as well as the podcast Enter the Fanboy. In 2014, Theo helped found the magazine *3 Feet Left* as its Resident Writer. Their fiction has been published in *Diabolical Plots*, *Starward Shadows*, and the cli-fi anthology *A Flash of Silver Green: Stories of the Nature of Cities 2099*, among other places. They are a lifelong storyteller and nerd who has been running *D&D* and other tabletop RPGs for over 15 years. You can find them at [@TKogod](#).



[Brittney Hay](#) is a non-binary ENNIE-nominated [bestselling TTRPG writer and creator](#). They are a full-time geeky nerd mom who enjoys reading, cooking and all things nerdy.

## Amy Weisner

Amy Weisner is a second year occupational therapy student at the University of Toronto. She has been playing TTRPGs for the past five years, including D&D 5e, Call of Cthulhu, and most recently the Avatar TTRPG. She has a degree in Child and Youth Care, and has worked in many settings and roles including community outreach and within the school systems. Through her experience, she has worked with individuals from all walks of life, including people from across the spectrum of disability and mental health. Amy is a passionate advocate, with experience presenting on social justice issues and advocating for clients. She has most recently begun a fieldwork placement with OT Naomi Hazlett at Level Up Gaming, assisting with running therapeutic TTRPGs for neurodiverse young adults and working on projects to make TTRPGs more accessible.

## Artists

We intentionally assembled an eclectic team of artists to reflect the diversity of experiences and expressions of these conditions:



[Kalman Andrasofszky](#) ([Insta](#)) is a freelance illustrator, comic book artist, writer, and educator in Toronto, a longtime member of the R.A.I.D. Studio, and newly diagnosed with ADHD. In 20+ years as a creative professional, Kalman has worked with many clients such as Marvel Entertainment, DC Comics, Wizards of the Coast, Shaftesbury Films, UNESCO, Portfolio Entertainment, and

TekSavvy, among others, creating content for such brands as X-Men, Avengers, Batman, Star Wars, Dungeons & Dragons, Murdoch Mysteries, and PG: Psycho Goreman. Kalman reinvigorated the classic Canadian superhero property Captain Canuck by both rebooting and adding many new concepts and characters to significantly expand the scope of the brand into a dynamic sci-fi shared universe. When not writing and drawing too many things at once, Kalman can be found retro-gaming on his vintage SEGA Genesis system.

## **Additional Artists**

- [Dana Braga](#) (Cover Artist)
- ArtificialJealousy
- [Dot Valledor](#)
- [Erin Z. Anderson](#)
- Four-Horns
- [Hekellion](#)
- Jason Sherlin
- [Joseph Bielenberg](#)
- [Lucy Smart](#)
- [Luca Ippoliti](#) (IG)
- Pepoq

## **Additional Sensitivity Consultants**

In addition to our primary sensitivity consultants, we discussed traits and game mechanics with hundreds of others as part of the research for this book to reflect their lived experiences as closely as possible. That list is too long to include here, but many of their names are included in the book's credits, and we can't express enough how grateful we are for their help.

# Press

We appreciate all who have helped us get the word out about this project on podcasts and in the press.

- [It's a Mimic](#)
- [Crit Academy](#)
- [Geek Native \(and again\)](#)
- [Dicebreaker](#)
- [Nerd Immersion](#)
- [ComicBook.com](#)
- [Sly Flourish](#)
- [Disabled&Dragons](#) (Interview)
- [EN World](#)
- [Tabletop Journeys Podcast](#) (Interview)
- [Nerdarchy Daily Live Chat](#) (Interview)
- [Tabletop Gaming News](#)

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# Gaining Advantage 010: Gaining Access to RPGs with @AccessibleGames

November 26, 2021



What makes a tabletop role-playing game accessible, both to players and characters? We welcome Jacob Wood, owner of Accessible Games, to discuss that question.

- 0:00 Introduction
- 02:10 Jacob Wood
- 24:41 Wrap-up

Manually captioned. Transcript available at our website.

## Accessible Games Links

- Accessible Games Official Website: <http://www.accessiblegames.biz>
- Accessible Gaming Quarterly: <http://www.bit.ly/AccessibleGamingQuarterly>
- Contribute to AGQ: <http://www.bit.ly/AGQContribute>
- Twitter: [@AccessibleGames](https://twitter.com/AccessibleGames)
- Facebook: <http://www.facebook.com/AccessibleGamesBiz>

# Wyrworks Publishing

- Limitless Heroics: <https://inclusiverpg.com>
  - <http://wyrworksublishing.com>
  - <https://Patreon.com/wyrworksublishing>
  - <https://facebook.com/wyrworksublishing>
  - [@wyrworksdale](#)
- 

## Gaining Advantage 009: Variety is the Spice of Second Breakfast (with @TBHalflings)

November 26, 2021



More often than not, variety makes things better. We welcome Jasper William Cartwright and Jeremy Cobb, 2/3 of the podcast Three Black Halflings to talk about diversity in the gaming space.

- 0:00 Introduction
- 2:39 2/3 Black Halflings
- 55:48 Wrap-up

Manually captioned. Transcript available at our website.

## 3BH Links

- <https://twitter.com/tbhalflings>
- <https://www.instagram.com/tbhalflings/>
- <https://www.facebook.com/TBHalflings>
- <https://www.patreon.com/tbhalflings>
- <https://store.dftba.com/collections/three-black-halflings>

## Wyrmsworks Publishing

- Limitless Heroics: <https://inclusiverpg.com>
- <http://wyrmsworkspublishing.com>
- <https://Patreon.com/wyrmsworkspublishing>
- <https://facebook.com/wyrmsworkspublishing>
- [@wyrmsworksdale](#)

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# Gaining Advantage 008: Pretending to Do Good (Roleplay 4 Charity)

November 26, 2021



It's October! It's all about dressing up and pretending! That's what role-players do best! And now, you can do that for charity! We welcome Oneuppington with Roleplay4Charity.

We are looking for guests for Playing the Other. If you'd like to be our guest, [let us know at wyrmsworkspublishing.com/contact](https://wyrmsworkspublishing.com/contact)

*Content Warning: Cancer*

- 0:00 Introduction
- 2:10 Rhydian "Oneuppington" John with Roleplay4Charity
- 19:38 Wrap-up

Manually captioned. Transcript available at our website.

## Roleplay4Charity Links

- Twitter: [@Role4Charity](https://twitter.com/Role4Charity)
- Charity Link:  
<https://donate.tiltify.com/+roleplay4charity/roleplay4halloween>
- World Cancer Research Fund: <https://www.wcrf.org/> Twitter: [@wcrfint](https://twitter.com/wcrfint)
- Wreckage RPG: <https://linktr.ee/wreckagerpg> and their Twitter handle: [@RpgWreckage](https://twitter.com/RpgWreckage)
- RPG Apparel: <https://rpg-apparel.com/> and his twitter handle: [@ApparelRpg](https://twitter.com/ApparelRpg)

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  - [@wyrworksdale](#)
- 

## Gaining Advantage 007: Advantage against Psychic Damage (Jasper's Game Day)

November 26, 2021



Life is tough, and sometimes, it seems like today's CR is a bit too high. So what do you do? Get more people in the party! We welcome Josh Simons of Jasper's Game Day to talk about mental health and suicide prevention through TTRPGs.

In our "Playing the Other" segment, we welcome Matt Weber with a great discussion about his physical disabilities and his decades of gaming experience.

*Content Warning: Suicide, Body shape discussion, Mental Illness,*

## *Phobias*

- 0:00 Introduction
- 2:26 [Josh Simons](#) & Jasper's Game Day
- 32:34 Playing the Other with Matt Weber
- 1:10:34 Wrap-up

Manually captioned. Transcript available at our website.

## Jasper's Game Day

- Website: <https://jaspersgameday.com>
- Twitter: <https://twitter.com/JaspersGameDay>
- Facebook: <https://facebook.com/JaspersGame>
- Instagram: <https://instagram.com/jaspersgameday>
- Discord: <https://discord.gg/MWfwpc9>
- YouTube: <http://tinyurl.com/youtubeJGD>

## Josh Simons Links

- Twitch: <https://twitch.tv/joshuasimons>
- Islands of Sina Una stream: <https://twitch.tv/rockpunchATL>
- Twitter: <https://twitter.com/JoshuaMSimons>
- LinkTree: <https://linktr.ee/joshuamsimons>

## Matt Weber Links

- Reddit: [u/DeliveratorMatt](https://www.reddit.com/u/DeliveratorMatt)

# Wyrmwor<sup>k</sup>s Publishing

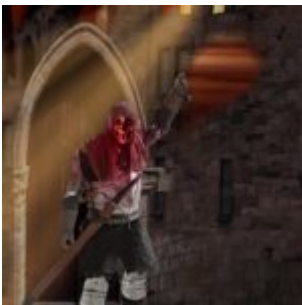
- Limitless Heroics – Including Characters with Disabilities, Mental Illness, and Neurodivergence in Fifth Edition:  
<https://www.drivethrurpg.com/product/372478/Limitless-Heroics-Including-Characters-with-Disabilities-Mental-Illness-and-Neurodivergence-in-Fifth-Edition>
- Website: <http://wyrmwor<sup>k</sup>sPublishing.com>
- Patreon: <https://Patreon.com/wyrmwor<sup>k</sup>sPublishing>
- Maps: <https://wyrmwor<sup>k</sup>sPublishing.itch.io>
- Facebook: <https://facebook.com/wyrmwor<sup>k</sup>sPublishing>

Twitter: [@wyrmwor<sup>k</sup>sdale](https://twitter.com/wyrmwor<sup>k</sup>sdale)

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## Accessible Adventure of the Week: The Greater of Two Evils

November 26, 2021



# Evil is coming. Or is it already here?

The baron hires you to stop an undead creature that's sure to bring evil to the community, but is the evil already there?

This side adventure is designed for four to six characters with an average party level of 4, totaling roughly 20 levels.

4K Battle Maps available [free to patrons](#) or for [purchase at DriveThruRPG](#).



Get it free now!

## 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. Wyrnworks 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 a human woman going through menopause with hypertension \(high blood pressure\)](#).

This free adventure is formatted for the blind and visually



impaired.

## Content Trigger Warnings

This adventure includes death, violence, ableism, and the undead.

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# Disabled NPC of the Week: Natasja

November 26, 2021



Natasja is a female human experiencing menopause and hypertension (high blood pressure). She can be used in any campaign setting, or her traits can be adapted to your PC. She appears in our Accessible Adventure of the Week: The Greater of Two Evils



Download for free!

## **Disabled NPC of the Week**

At Wyrmwor`ks Publishing (wyrmworkspublishing.com), we believe that the more people have chances to interact with disabled people, the more normal it will become in their lives, the more comfortable they will be around disabled people, and the more inclusive our world will become. To this end, we release a free disabled character to use in your game every week to help your players grow accustomed to disabled people in an RPG setting, allowing them to get used to interacting with disabled people.`

## **Make Lives Better through Role-Playing Games**

This character 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. Wyrmwor`ks 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. Join the movement by signing up for announcements!`

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## **Accessible Adventure of the Week: The Price of Success**

November 26, 2021



## **My Students Are My Treasures**

A rural school is haunted by two banshees: former teachers who cared more about how their students made them look than the well being of the students themselves. Can you free the countryside from this threat?

This side adventure is designed for four to six characters with an average party level of 3, totaling roughly 16 levels.

**“Our lives serve as either a warning or an example to others.” – Tony Robbins**

This week’s adventure, designed as Halloween approaches, explores abuse and trauma. Being a horror adventure, it plays out the effects of trauma and the concealment of trauma on a community in a visceral and memorable way. It serves as a warning—not only about the need for open communication with the people in our lives who may be experiencing trauma, but also our willingness to be available to them for help. I hope your players will experience this adventure with empathy and a resulting drive to be open to potential victims looking to them for help.

### **Content Trigger Warning**

This adventure includes death, violence, the undead, death of family, children in peril, psychological abuse of children,

parents who disbelieve reports of abuse, and undead children. Because it explores realistic expressions of trauma, the Dungeon Master (DM) should discuss this adventure with players before deciding to use it. Success could be cathartic for some but tear open traumatic wounds for others.

To talk to your players about this adventure's sensitive content without spoiling the plot, you can ask them how they feel about a horror adventure involving child abuse, death, and zombies in various combinations. **If any players are even slightly uncomfortable with the topic, skip this adventure.**

If you choose to use this adventure, please make use of [safety tools](#).



Get it free now!

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

## **Make Lives Better through Role-Playing Games**

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This free adventure is formatted for the blind and visually impaired.

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# Disabled NPC of the Week: Lolbimirt

November 26, 2021



Lolbimirt is a forest gnome guard with abnormal growth and a rash on 40% of his body.

## Is this character actually disabled?

While “taller than usual” and a skin rash don’t seem like disabilities, and by most official definitions, they’re not, this character emphasizes that disabilities are not binary – they’re a spectrum. Most people have multiple physical and/or mental challenges, and there’s no hard and fast line that separates people with or without disabilities. We’re more alike than you think. At the same time, Lolbimirt has difficulty navigating the burrows of his gnomish family, and his rash leaves him in danger of infection, an important condition in a world without antibiotics or, in the real world, to those without proper access to medicine or medical insurance.



Download for free!

## **Disabled NPC of the Week**

At Wyrmmworks Publishing ([wyrmmworkspublishing.com](http://wyrmmworkspublishing.com)), we believe that the more people have chances to interact with disabled people, the more normal it will become in their lives, the more comfortable they will be around disabled people, and the more inclusive our world will become. To this end, we release a free disabled character to use in your game every week to help your players grow accustomed to disabled people in an RPG setting, allowing them to get used to interacting with disabled people.

## **Make Lives Better through Role-Playing Games**

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