

Impact Extent

May 26, 2022



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)