

Confusion

August 3, 2022

You become suddenly disoriented, losing track of where you are and how you got there, and are unable to concentrate. You have a $-(IE)$ penalty on initiative rolls, attack rolls and ability checks made as reactions, Wisdom (Perception), Wisdom (Survival), and Constitution saving throws to maintain concentration. If the trait is [Triggered](#), evening or sunset is a common triggering stimulus. If you have multiple traits, you may choose [Attention Difference](#), [Baseless Emotion](#) (Restlessness), Hallucination, or Amnesia as one or more of them.

Real-world Examples

Dementia, Parkinson's Disease, Kidney Disease, Liver Disease, Thyroid Disease

Assistive Options

If a party member uses the help action to orient the confused person, the IE decreases by 1 for 3d6 rounds.

Hiccups

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You get hiccups $(IE)d4$ times per day. You don't know when to expect them, and they're painful and last $(IE)d10$ minutes. (The GM should roll at the beginning of the day and roll or choose random times throughout the upcoming day.) During a bout of hiccups, you must succeed on a DC 10 + (IE) Constitution check to successfully cast a spell with a verbal component. On

failure, the spell fails, but the spell slot is not used. Because of the painful distraction, you must also succeed on a DC 8 + (IE) Constitution saving throw to maintain concentration each round on an applicable spell. You also have a -(IE) penalty on Charisma (Persuasion) and Charisma (Intimidation) checks during a bout of hiccups. If a bout of hiccups occurs during a long rest, it will disrupt the benefits of the rest, depending on when the bout starts and how long it lasts.

Real-world Examples

Traumatic Brain Injury, Multiple Sclerosis, Diabetes, Kidney Disease, Anxiety

Assistive Options

Common treatments for hiccups don't help with chronic hiccups. A successful DC 5 + (IE) Wisdom (Medicine) check by a trained practitioner after a one-hour acupuncture treatment will reduce the IE by 1 for the rest of the day.