

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.