

TRAUMA AND MADNESS

Trauma Points are gained whenever your character experiences distress:

- **The death of an adventuring companion:** 2 points for a friend; 3 points for a lover, relative or sworn-friend
- **Certain Injuries:** e.g. any Fatal Wound (but only 1, regardless of the number of Wounds); concussion; loss of a limb or eye or characteristic
- **Being poisoned** (even if the saving throw succeeds) or experiencing **mind-altering drugs or poisons** (if the saving throw fails)
- **Supernatural Diseases** like Lycanthropy or Mummy Rot
- Being **petrified** and **polymorphed** (2 points if it's against your will)
- **The appearance of undead/fae:** fear/awe-inducing types (e.g. Banshees, Ghosts, Mummies, Sidhe) impose Trauma with **every** sighting
- Manifestations of **gods, greater demons, extra-planar entities** or **legendary beings**
- The effects of some **distressing spells** (e.g. *Confusion, Cause Fear*)
- Realising you are **lost in a dangerous place** or being **plunged into darkness**
- **Searching corpses** or exploring through **body parts or filth**
- **Keeping watch alone** (either at night or in a dangerous area): 2 points if foes are known to be nearby or pursuing
- **Negotiating with monsters** if not in a position of strength
- **Wilderness travel during extreme weather** (torrential rain, lightning storm, blizzard, sand storm, dense fog)
- **Testing unknown magic:** sipping potions, trying on rings, reading grimoires, etc

Trauma can be healed at a rate of 1 point per **week** of uninterrupted rest but might heal twice as fast in calm locations (e.g. Elven glades), in the company of loved ones or with spiritual counselling.

Every time your character gains Trauma, roll 1d20 and add/subtract your Wisdom Bonus/Penalty; if you roll **equal to or less than** your Trauma, you suffer a Breakdown for 1d6 rounds.

Breakdown	1	2	3	4	5	6
Lasts 1d6 rounds	Shock – you freeze in place	Alarm – you cry out loud	Confusion – you act randomly	Fear – you try to get away	Disgust – you try to purge yourself	Dazed – you cannot make decisions

The player and DM can decide the precise effects: shock can be paralysis but in combat it means fighting defensively and not attacking; alarm could be screaming or shouting in rage but it attracts wandering monsters; disgust might involve washing or vomiting or just refusing to touch something or approach something; a dazed character will fight on in combat, continuing to strike a dead opponent.

Another character can help someone in a breakdown 'snap out of it': this takes all their attention for one round.

At the end of your Breakdown, make a second Trauma check (as above); if you fail, you gain a **Derangement** but lose all of your accumulated Trauma; if you succeed, lose 1 Trauma. Roll a Derangement on the table or choose one based on alignment or circumstances:

Roll	Alignment	Circumstances	Effect
1	Goodness	Helplessness	You love or need a virtue to the point of obsession. This could be a person or pet or an activity or object: it includes drinking alcohol or taking drugs. While with (or consuming) the virtuous thing you feel safe; without it you are dazed or fearful.
2	Evil	Suffering	You hate or fear a vice to the point of obsession. This could be someone or something you seek out and destroy at every opportunity or perhaps it is a phobia or a wish to self-harm. If you cannot destroy or avoid the vicious thing you are alarmed or disgusted.
3	Law	Confusion	There is a ritual you must perform: something you must do regularly: washing or praying or wearing certain clothes. Without your ritual you are shocked or dazed.
4	Chaos	Isolation	There is a chaotic presence you perceive that nobody else does. It might be a sound or a smell, perhaps a voice, even a full blown hallucination. While you perceive it, you are confused or alarmed.
5	Neutral	Regret or Guilt	You are alienated from the world in a distinct way: it might be something everyday like laughing, enjoying food or sleeping restfully; it might be more serious like speaking, seeing, hearing or moving.
6	Choose		Choose or re-roll

Derangements are on a 6 point scale, with 1 meaning a troubling quirk and 6 being incapacitating. Each time the character gains a Derangement, they either increase an existing one or gain a new sort.

Recuperating from a Derangement requires rest for one week per level of the derangement and Spiritual Comfort. Spiritual Comfort can be offered by a Cleric or Druid, from a Safe Haven (see below) or from hired comforters (mystics and confessors of a variety of religious backgrounds). If the character suffers another bout of madness they often (50%) regain a derangement they had before, at one level lower than it used to be.

Optional Rule: Safe Havens

A Safe Haven is a location where a character feels at peace and secure: their home town or territory, surrounded by family, or perhaps a place of religious respect or personal affection. If a character removes their Trauma in a Safe Haven, they lose half (rounded down) their Trauma every week; if they have 0 Trauma, they recover from any Derangement.

At the end of each week, the character must make a Trauma check based on their new score and if they roll equal to or under their Trauma they must retire from adventuring and become a NPC.

A character in a Safe Haven does not *have* to take advantage of it. If they have no wish to retire, they can remove Trauma at the normal rate (1 point per week).

Optional Rule: Adrenaline Burst

Once per day, a character can unleash an adrenaline burst, which lasts 1d6 rounds plus Trauma. The PC gains a pool of Stress Hit Points equal to their Trauma. These are the first HP lost to damage and any that remain vanish when the adrenaline burst ends. The PC gains 1 Trauma at the end

At the DM's discretion, a player can choose to gain a Trauma point to pass any saving throw without rolling the die. This decision must be made *before* the die is rolled. A PC may also choose to gain a Trauma point to receive a saving throw against an effect that does not ordinarily receive one (such as the energy-draining power of undead). These two effects are not cumulative.

White Box Character Class Abilities

Bards

Bards do not gain Trauma from negotiating with monsters or manifestations of legendary beings. Bards can use their art to cancel the effects of a Derangement for 1d6 hours, once per day. After a character gains Trauma, Bards can make one use of their Lore ability to remove a point of Trauma.

Clerics

Clerics do not gain Trauma from sighting undead (or fae, depending on their religion) or demons/gods of their religion. Clerics offer Spiritual Comfort to one character per week.

Druids

Druids do not gain Trauma from wilderness travel through extreme weather. Druids never gain Trauma while in their animal forms. Druids offer Spiritual Comfort to one character per week.

Fighters

Fighters do not gain Trauma from the death of (ordinary) adventuring companions, from

testing magical armour or weapons or from searching corpses.

Magic-Users

Magic-Users do not gain Trauma from the effects of spells (e.g. *Polymorph*, being *Charmed*, etc.) or from testing miscellaneous magic items.

Monks

Monks can re-roll their Trauma check and use the best result.

Paladins

As long as a Paladin maintains his vows, he or she cannot suffer a Breakdown. The Paladin still checks for Derangement if a Breakdown would have occurred.

Thieves

Thieves do not gain Trauma from negotiating with monsters, searching corpses or testing potions.

White Box Character Race Abilities

Dwarves

Dwarves are stoic and tough-minded. They add +4 to all Trauma checks.

Elves

Elves have serene dispositions. They remove a point of Trauma every day at sunrise if resting.

Gnomes

Gnomes are fae creatures. They do not gain single points of Trauma (but are still affected by sources that cause 2+ Trauma). However, every Gnome has a mystical prohibition (like revealing their true name or entering holy ground) or compulsion (like speaking in rhyme

or obeying orders from maidens) and gains Trauma if they break this.

Halflings

Halflings are jolly folk. They remove a point of Trauma whenever they share a hearty meal with friendly company.

Half-Orcs

Brutal Half-Orcs remove a point of Trauma at the end of every victorious combat they take part in.

Humans

Humans are adaptable and can choose a Stress Feat (below) at character creation.

White Box New Stress Feats

These Feats can be chosen in place of any of the ordinary Feats.

Guiding Light: You always count as receiving Spiritual Comfort and can heal Derangements with ordinary rest.

Hardened to Horror: You do not gain Trauma from non-supernatural sources.

Homeless Heart: Even in a Safe Haven, you will never retire.

Iron Will: Once per day, You can ignore the effect of a Breakdown or cancel the effect of a Derangement for one hour.

Sunny Disposition: You can remove a point of Trauma if you enjoy a joke or a song or a beautiful spectacle, once per day.

Wildling: You can use the Adrenaline Burst ability twice a day.