

Fear & Sanity

Optional Rules: Fear

When characters in your game confront something that you feel may be terrifying to them, you can have them make a Discipline skill check. This is sometimes called a **fear check**.

You can use the table below to help figure out how difficult a check should be and what circumstances might elicit a fear check from your PCs in the first place.

Fear Difficulty Table

STATE OF FEAR	DIFFICULTY	EXAMPLE
Startled	Easy ()	Something momentarily frightening, such as someone leaping out of a closet to surprise you, or unsettling circumstances like being alone in a spooky house. These circumstances may not even elicit a check.
Moderately Afraid	Average ( )	Confronting something unexplainable, such as furniture that moves when you're not looking or voices in an empty house; being stalked by a dangerous animal; danger that appears credible but not mortal.
Very Afraid	Hard (  )	Ghostly apparitions and other obviously supernatural occurrences, being hunted by a pack of wild animals (or malevolent humanoids), danger that appears eminent and could be mortal.
Mortally Afraid	Daunting (   )	Being actively haunted by a malevolent supernatural being, being attacked by a mythological creature, or facing a situation likely to result in your death.
Utterly Terrified	Formidable (    )	A hopeless and utterly terrifying situation, combat against things incomprehensible to one's mind, being attacked by demons, fear so paralyzing that sanity cracks.

Spending Results on Fear

COST	RESULT OPTIONS
	<ul style="list-style-type: none"> ● Aversion: The character is unnerved and distracted, and is disoriented for the rest of the encounter. (This is not considered a mental trauma.)
 with  or 	<ul style="list-style-type: none"> ● Adrenaline Rush: Momentary panic gives the character a rush of adrenaline, but at a cost. The character adds 1 Boost () to their next check, but suffers 3 Strain.
  or 	<ul style="list-style-type: none"> ● Flee in Terror: The character has to spend their next turn doing nothing but fleeing the source of the fear check (this includes downgrading their actions to maneuvers to move farther away).
   or 	<ul style="list-style-type: none"> ● Frozen in Terror: The character is immobilized and staggered during their next turn.
     or 	<ul style="list-style-type: none"> ● Whenever a character fails a Fear check with a Despair or 5 Threat ( /     ), they also suffer a mental trauma in addition to the previously mentioned effects.

COST	RESULT OPTIONS
   or 	<ul style="list-style-type: none"> ● Stand with Me: The character's steadfast response emboldens their allies. Any allied characters forced to make a fear check from the same source add 1 Boost () to their check.
	<ul style="list-style-type: none"> ● Overcome Fear: Remove one mental trauma that has an associated severity level that is the same as or less than the difficulty of the fear check. ● Fearless: The character faces the source of fear and finds that it no longer has a hold on them. If they are currently suffering no mental traumas, they automatically pass any further fear checks from that source.

Traumas and their Effects

With the GM's permission, traumas might also be removed (perhaps temporarily) via other methods such as intense meditation, therapy, medication, or similar means.

SEVERITY	TRAUMA	IMPACT ON THE CHARACTER
Easy ()	Phobia	The character gains a new Fear motivation relating to the circumstances that led to the fear check.
Average ( )	Obsession	<p>You can spend Threat () and Despair () the character generates to represent their obsession affecting their ability to interact with others.</p> <p>2 Threat ( ): Add 1 Setback () to the character's social skill checks for the remainder of the encounter.</p> <p>Despair (): Increase the difficulty of all of the character's social skill checks by one for the remainder of the encounter.</p>
Hard (  )	Delusion	<p>You can spend Threat () and Despair () the character generates to represent their delusion affecting their ability to interact with others.</p> <p>2 Threat ( ): Add 1 Setback () to the character's Perception and all Willpower-based checks for the remainder of the encounter.</p> <p>Despair (): Increase the difficulty of all of the character's Perception and all Willpower-based checks by one for the remainder of the encounter.</p>
Daunting (   )	Neurosis	Whenever the character gains strain for any reason (voluntarily or involuntarily), they gain 1 additional strain.
Formidable (    )	Broken Mind	The character's strain threshold is halved (rounding up).