

Psionic Wild Talents for 5e

Psionics are mysterious powers coming from the untapped regions of the mind. Sages conjecture psionics may be a form of mutation, while mystics study it to attain a form of transcendence. Adventurers who come into contact with powerful aberrations (e.g. aboleths, beholders, mind flayers), who venture into certain regions of the Underdark, who undergo psychic surgery, or who are exposed to campaign specific substances/energies may tap into their latent psychic potential. There may be other story-specific circumstances under which a character can psionically awaken. Whether a PC rolls on the Wild Talent table is left in the hands of the DM and the group to determine given the nature of the campaign and how psionics figure into it.

1d20	Wild Talent
1	Psionic Madness
2-6	Clairsentience
7-9	Psychokinesis
10-12	Psychometabolism
13-15	Psychoportation
16-19	Telepathy
20	Roll twice, or pick once

A few talents refer to your psionic attack or save DC. Calculate them as follows:

Psionic attack = your proficiency bonus + your Intelligence/Wisdom/or Charisma modifier (choose one).
 Psionic save DC = 8 + your proficiency bonus + your Intelligence/Wisdom/or Charisma modifier.

Psionic Madness

1d20	Madness	Effect
1-2	Aberration Link	A lasting connection was formed between you and a horrible aberration (e.g. aboleth or mind flayer), allowing you to telepathically communicate with one another regardless of distance.
3-4	Hallucinations	You experience distracting auditory and/or visual hallucinations which are hard for you to distinguish from reality. Though they may interfere with concentration, they are only fleeting.
5-6	Hypersensitivity	Too much stimulus (e.g. crowds, loud noises, bright lights) overwhelms you, and your saving throws against such effects are disadvantaged.
7-8	Hypnotic Suggestion	You are induced with a subconscious hypnotic trigger by some unfathomably horrific aberration that will trigger at a future time.
9-10	Permeable Aura	After spending significant time around another person, you take on one of their roleplaying traits (or even alignment!) for a few hours. Magic and Insight checks detect that trait as if it were your own.
11-12	Psionic Interference	You experience bizarre dreams and you fail any attempts to communicate telepathically or understand telepathic communication. Telepathic communication used within 30 feet of you (or on someone within 30 feet of you) fails.
13-14	Psychic Clone	The next reflective surface you pass causes a twisted clone of yourself to form, its values a dark mirror of your own.
15-16	Psychic Vulnerability	You suffer vulnerability to psychic damage and develop a phobia of anything psionic in nature, such as aberrations, mystics, wild talents, etc.
17-18	Split Personality	Your mind splits into two separate personalities, though you only have limited control when you switch between them. You and your DM can work together to determine your alternate personality's nature.
19-20	Unreliable Premonitions	You have premonitions that may or may not come true, but at the time you are convinced they are inevitable.

Clairsentience

Clairsentience talents enable you to learn secrets long forgotten, to glimpse the immediate future and predict the far future, to find hidden objects, and to know what is unknowable.

1d20	Wild Talent	Effect
1	All-Around Vision	You can see in a 360-degree circle around yourself, though this requires concentration to maintain.
2	Aura Sight	You can detect the mood of a creature by concentrating intently on it for 1 round, seeing an outline of colors. Gain proficiency in the Insight skill if you don't already have it.
3	Clairaudience	As a bonus action choose a space within 60 feet that you can hear; you project your hearing as if you were standing there until the start of your next turn (or 6 seconds).
4	Clairvoyance	As a bonus action choose a space within 60 feet that you can see; you project your vision as if you were standing there until the start of your next turn (or 6 seconds).
5	Danger Sense	While concentrating, you cannot be surprised and you know the general direction hostile creatures are coming from a few seconds in advance.
6	Detect Psionics	You can detect if a creature or object within 60 feet has psionic power by concentrating intently on it for 1 round, and how strong its power is.
7	Hypercognition	You can spend Inspiration to gain a clue from the DM that reflects your ability to perceive patterns and make deductions. If your Intelligence isn't already 13, increase it to 13.
8	Incarnation Awareness	Determine how many times a creature has died, and the nature of its past lives, by concentrating intently on it for 1 round.
9	Infravision	While concentrating, you can perceive heat signatures within 60 feet, allowing you to see any warm-blooded creatures or heat sources, even thru walls. However, stone and metal (any anything else that conducts heat) blocks your infravision.
10	Know Direction	You always know true north and are immune to <i>maze</i> magic and effects.
11	Object Reading	See https://dnd.wizards.com/sites/default/files/media/upload/articles/Psionics.pdf
12	Perceive Light	By concentrating you can perceive light thru tactile or auditory sensation, circumventing the blinded condition (provided there <i>is</i> ambient light).
13	Perceive Sound	By concentrating you can perceive sound thru tactile or visual sensation, circumventing the deafened condition (provided there <i>is</i> ambient sound).
14	Precognition	You can spend Inspiration to learn about a future event or threat from the DM, though the DM determines the extent of the information you receive. If your Wisdom isn't already 13, increase it to 13.
15	Radial Navigation	While concentrating, you know the direction and distance to the last fixed point that you meditated at during a short or long rest.
16	Remote Viewing	Once per long rest you can produce a psionic effect similar to the <i>scry</i> spell.
17	Retrospection	During a long rest you can meditate with another creature and help them (or yourself) to regain lost memories or review old memories. The DM may require a check.
18	Sense Aberrations	While you concentrate on your senses, you become aware of the presence of any aberrations within 60 feet of you.
19	Sense Spirits	While you concentrate your senses, you become aware of the presence of any restless spirits (ghosts, haunts, specters, wraiths) within 60 feet of you.
20	Sensitivity to Psychic Impressions	By meditating in an area for a short rest, you gain a vague sense of the emotional history of the place you're currently in (e.g. tragedy, war, madness, elation, reunion, birth).

Psychokinesis

Psychokinesis talents manipulate energy thru the power of the mind to move objects and more. Many of these talents produce spectacular effects above and beyond the talent's standard display, such as moving, melting, transforming, or blasting a target.

1d20	Wild Talent	Effect
1	Animate Object	Once per long rest you can cast <i>animate objects</i> without any components.
2	Astral Construct	Once per long rest you can create an invisible stalker from the raw ectoplasm of the Astral Plane. It persists for one minute as long as you maintain concentration.
3	Ballistic Attack	Once per short rest you can cast the <i>catapult</i> 1st-level spell without any components.
4	Concussion Blast	You can blast a Large sized or smaller target within 60 feet that you can see, making a psionic attack. On a hit, the target takes 1d6 bludgeoning damage and is knocked prone. At 5th level your base damage increases to 2d6, at 11th level to 3d6, and at 17th level to 4d6. You suffer exhaustion if you use this attack more than once per minute.
5	Control Body	Once per short rest you can cast <i>command</i> without any components.
6	Control Element	You gain one of the following cantrips (your choice) without any components: <i>control flames</i> , <i>gust</i> , <i>mold earth</i> , or <i>shape water</i> .
7	Control Light	You can dim or brighten existing light sources within 60 feet as an action.
8	Control Sound	You can make your voice sound however you desire, and as an action you can cause sound to be dampened or amplified in a 30 ft area (advantage/disadvantage Perception).
9	Detonate	You can cause a non-living thing (e.g. object, construct, undead) within 60 feet that you can see to be wracked by tremors. On a hit, the target takes 1d10 thunder damage. At 5th level your damage increases to 2d10, at 11th level to 3d10, and at 17th level to 4d10.
10	Far Hand	You gain the <i>mage hand</i> cantrip without any components, and the hand is invisible.
11	Inertial Barrier	You can concentrate to maintain a barrier, and while your barrier is active you can use your reaction to gain resistance to damage from a ranged or area attack.
12	Jump	Once per short rest you can cast <i>jump</i> without any components.
13	Matter Agitation	By concentrating, you can excite objects causing them to heat up on the 1st round (dry objects ignite), become painful to the touch on the 2nd round, and burst into cinders on the 3rd round. Resilient objects are not destroyed by this.
14	Matter Weakening	By concentrating on a Large or smaller object for 1 minute, you can cause it to become vulnerable to all damage and suffer disadvantage on saving throws.
15	Overload	Once per long rest you can cast <i>haywire</i> (see Urban Arcana) without any components.
16	Project Force	You can attempt to Grapple, Shove, or make an unarmed attack against a creature you can see within 30 feet. Use your INT modifier instead of STR/DEX.
17	Psionic Blast	You can mentally assault a psionic creature you can see within 60 feet as an action. Make an opposed Intelligence check modified by level or CR and consult Psychic Combat table.
18	Psychokinetic Burst	Once per short rest you can unleash a burst of force targeting all creatures within 20 feet of you. A creature that fails its Constitution saving throw loses concentration, is pushed back 5 feet, and if invisible becomes visible until the start of their next turn.
19	Telekinesis	Once per long rest you can cast <i>telekinesis</i> without any components.
20	Telekinetic Buffer	Reduce all forced movement against you by 10 feet.

Psychometabolism

Psychometabolism talents change the physical properties of a creature, thing, or condition, allowing you to accomplish extraordinary physical feats.

1d20	Wild Talent	Effect
1	Adrenaline Control	Once per short rest you can cast <i>enhance ability</i> for your Strength, Dexterity, or Constitution without any components.
2	Adaptation	body control
3	Affinity	You develop a special affinity for a certain creature (usually a specific type of animal, but sometimes a type of aberration), and creatures of that type regard you favorably.
4	Aging	
5	Biofeedback	While concentrating, you can control the flow of blood thru your body making you immune to bleeding damage, blood drain, and resistant to poison damage.
6	Body Equilibrium	While concentrating, you shift your weight so you do not trigger pit traps, nor do you sink when moving over soft or brittle terrain such as dust, silt, mud, snow, or thin ice.
7	Body Weaponry	graft weapon
8	Cause Decay	
9	Chameleon Power	
10	Chemical Simulation	acid
11	Disease Absorption	You are immune to disease, and during a short rest you may attempt to transfer a disease affecting another person to yourself with an Intelligence check.
12	Ectoplasmic Form	shadow form
13	Energy Containment	
14	Metamorphosis	
15	Mind Over Body	You can go three times as long without food, water, and sleep.
16	Natural Armor	While concentrating, you grant yourself an AC of 14 thanks to natural armor. This does not stack with any other armor you wear or with the Unarmored Defense class feature.
17	Self-Healing	After a long rest you regain all your hit dice, not half.
18	Suspend Animation	
19	Transfer Health	During a short rest you can transfer hit points between yourself and another willing or incapacitated creature, up to a maximum equal to your level.
20	Vibrate	Once per day you can cast <i>blur</i> or <i>passwall</i> without any components.

Psychoportation

Psychoportation talents move you, an object, or another creature through space and time.

1d20	Wild Talent	Effect
1	Astral Projection	You can cast <i>astral projection</i> on yourself only without any components once per day, existing on the Astral Plane for a maximum of 8 hours at a time.
2	Banishment	Once per day you can cast <i>banishment</i> without any components.
3	Burst of Speed	You can use your bonus action to move half your speed.
4	Cat-fall	You gain resistance to falling damage while conscious and mobile.
5	Detect Teleportation	While concentrating, you detect any teleportation that occurs within 60 feet.
6	Dimension Swap	Once per short rest you may teleport and swap places with a willing creature you can see within 60 feet.
7	Dimension Walk	
8	Dream Travel	
9	Forceful Transport	Once per short rest, as an action you can attempt to transport a creature you can see within 60 feet. If they fail a Wisdom saving throw, they are teleported back 15 feet, appearing in an unoccupied space. You do not need to see the destination space.
10	Immovability	
11	Levitation	Once per short rest you can cast <i>levitation</i> without any components.
12	Mass Velocity	When you make a shove attack, you can target creatures two sizes larger than you. Also, with a running start you act like a portable ram (+4) on checks to break down doors.
13	Object Projection	As an action you can teleport an unattended small object or a small object in your possession up to 60 feet.
14	Probability Travel	
15	Stasis Field	
16	Teleport	Once per day you can cast <i>teleport</i> without any components.
17	Time Bubble	Once per day you can cast <i>haste</i> or <i>slow</i> without any components.
18	Time Hop	Once per day you can disappear a number of rounds into the future up to your Intelligence modifier (minimum 1). Alternately, you can target a creature you can see within 60 feet, and the creature gets a Wisdom saving throw. You (or the creature) reappear in exactly the same location and condition.
19	Time-Space Anchor	You cannot be teleported, plane-shifted, or time-shifted (e.g. <i>slowed</i>) against your will.
20	Time Shift	

Telepathy

Telepathy talents allow you to spy on and affect the minds of others, influencing or controlling their behavior.

1d20	Wild Talent	Effect
1	Advanced Telepathy	While concentrating, you can perceive the content of any telepathic communication used within 60 feet of you, and you cannot be surprised by creatures with any form of telepathy.
2	Attraction/Repugnance	
3	Aversion	
4	Awe	
5	Daydream	
6	Empathy	
7	Ejection	
8	ESP	
9	False Sensory Input	You gain the <i>minor illusion</i> cantrip without needing any components.
10	Identity Penetration	
11	Intellect Fortress	Your checks to resist Mind Thrust, Psionic Blast, and other forms of psychic attack specially targeting psionic creatures are advantaged.
12	Invincible Foes	When you score a critical hit, you may attempt to send along a psychic “push” convincing the creature they are grievously wounded if they fail a Wisdom save.
13	Invisibility	
14	Mindlink	
15	Mind Thrust	You can mentally assault a psionic creature you can see within 60 feet as an action. Make an opposed Intelligence check modified by level or CR and consult Psychic Combat table.
16	Mindwipe	Once per long rest can cast <i>modify memory</i> without any components.
17	Painlink	
18	Phobia Amplification	
19	Post-Hypnotic Suggestion	
20	Psychic Messenger	
21	Switch Personality	
22	Telepathic Projection	
23	Telepathic Shroud	You are immune to any effect that would sense your emotions or read your thoughts, as well as divination spells.
24	True Telepathy	You gain the ability to communicate telepathically up to 60 feet with a creature that speaks a language in common with you.

Psychic Combat Table

This table is used whenever a psionic creature uses **Psionic Blast** (psychokinesis), **Mind Thrust** (telepathy), or a special psionic attack mode to attack another psionic creature.

The attacker chooses which ability score to use: Intelligence, Wisdom, or Charisma. Then the attacker makes a check using this ability score modified by their level or CR.

The defender must defend using the same ability score chosen by the attacker, but the defender makes a saving throw instead (applying any proficiency bonus), modified by their level or CR.

To use the table look up the degree the winner succeeds the contest by.

Winner succeeds by...	Result (1+ are cumulative)
Tie	Both attacker and defender are incapacitated until the end of their next turn.
1-4	Loser suffers 1d4 psychic damage per point winner won by.
5-9	Loser is stunned until the end of their next turn.
10-14	Loser is unable to concentrate until taking a short rest.
15-19	Loser cannot use psionic powers until taking a long rest.
20+	Loser permanently crippled psionically, losing all psionic powers, and permanently reducing Intelligence, Wisdom, and Charisma by 1 point.

About these tables

My main reference was the AD&D 2e Complete Psionics Handbook. I supplemented that with the OD&D Eldritch Wizardry supplement, the d20 SRD on psionics, the 4e Player's Handbook 3 (with psionics in it), the 5e Unearthed Arcana psionics article, and several ideas of my own.