

# Sanity for 4<sup>th</sup> Edition

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## ***What Is Sanity?***

Sanity is the natural mental state of ordinary life. Normal mental balance is endangered when characters confront horrors, entities, or activities that are shocking, unnatural, and bewildering. Such encounters cause a character to lose points from his Sanity score, which in turn risks temporary, indefinite, or permanent insanity. Mental stability and lost Sanity points can be restored, up to a point, but psychological scars may remain.

Insanity occurs if too many Sanity points are lost in too short a time. Insanity does not necessarily occur if Sanity points are low, but a lower Sanity score makes some forms of insanity more likely to occur after a character experiences an emotional shock. The character's Sanity may be regained after a few minutes, recovered after a few months, or lost forever.

A character may regain Sanity points, and even increase her Sanity point maximum. However, increasing a character's skill check bonus in Cthulhu Mythos always lowers her maximum Sanity by an equal amount.

## ***Cthulhu Mythos (None)***

You know That Which Should Not Be Known. You have had horrible supernatural experiences and read forbidden tomes, learning truly dark secrets that have challenged everything you thought you knew. Since these revelations defy logic or commonly accepted fact, it does not matter how intelligent or wise you are when using this skill—only how much exposure to these dark secrets themselves you have experienced. Those without exposure to these dark secrets cannot grasp the horrors of the true universe; Cthulhu Mythos is a trained only skill.

## ***Mythos Knowledge (Trained Only)***

Make a Mythos check to identify creatures, rituals, texts, etc.

## ***Special***

You cannot gain training in Cthulhu Mythos during character creation or select it from Skill Training. You can only gain training by reading forbidden tomes or having experiences with horrible creatures. The more you know about the horrible truths underlying reality, the less capable you are of leading a normal life; your maximum sanity is 99 – your Cthulhu Mythos skill bonus.

The first time you go insane, either temporary or indefinite, you gain training in Cthulhu Mythos. Your maximum sanity drops, potentially affecting your current sanity score.

Exceptional study, exposures or experiences can imbue you with additional knowledge of the mythos. Your DM can give bonuses for actions like reading forbidden tomes, learning and casting rituals, or experiencing the presence of a Great Old One.

## ***Sanity Points***

Sanity points measure the stability of a character's mind. This attribute provides a way to define the sanity inherent in a character, the most stability a character can ever have, and the

current level of sane rationality that a character preserves, even after numerous shocks and horrid revelations.

Sanity is measured in three ways: starting Sanity, current Sanity, and maximum Sanity. Starting and current Sanity cannot exceed maximum Sanity.

### ***Starting Sanity***

A character's starting Sanity equals his Wisdom score multiplied by 5. This score represents a starting character's current Sanity, as well as the upper limit of Sanity that can be restored. After creation, a character's current Sanity often fluctuates considerably and might never again match starting Sanity. A change in a character's Wisdom score changes his starting Sanity in terms of what treatment with the Heal skill can restore. Current Sanity, however, does not change if Wisdom rises or falls.

### ***Current Sanity***

A character's current Sanity score fluctuates almost as often as (and sometimes much more often than) his hit points.

### ***Making a Sanity Check***

When a character encounters a gruesome, unnatural, or supernatural situation, the GM may require the player to make a Sanity check using percentile dice (d%). The check succeeds if the result is equal to or less than the character's current Sanity.

On a successful check, the character either loses no Sanity points or loses only a minimal amount. Potential Sanity loss is usually shown as two numbers or die rolls separated by a slash, such as 0/1d4. The number before the slash indicates the number of Sanity points lost if the Sanity check succeeds (in this case, none); the number after the slash indicates the number of Sanity points lost if the Sanity check fails (in this case, between 1 and 4 points).

A character's current Sanity is also at risk when the character reads certain books, learns certain types of spells, and attempts to cast them. These Sanity losses are usually automatic (no Sanity check is allowed); the character who chooses to undertake the activity forfeits the indicated number of Sanity points.

In most cases, a new Sanity-shaking confrontation requires a new Sanity check. However, the GM always gets to decide when characters make Sanity checks. Confronting several horribly mangled corpses at one time or in rapid succession may call for just one Sanity check, while the same corpses encountered singly over the course of several game hours may require separate checks.

### ***Types Of Insanity***

Character insanity is induced by a swift succession of shocking experiences or ghastly revelations, events usually connected with dark gods, creatures from the Outer Planes, or powerful spellcasting.

Horrifying encounters can result in one of three states of mental unbalance: temporary, indefinite, and permanent insanity. The first two, temporary insanity and indefinite insanity, can be cured. The third, permanent insanity, results when a character's Sanity points are reduced to 0 or lower. This condition cannot be cured by any regular means.

### ***Temporary Insanity***

Whenever a character loses 5 sanity points in a single round, he must make an Insight check (hard DC). If he succeeds, then he understands the true horrors of the universe. He draws from the temporary insanity deck. In addition, if he has not done so before, then he also gains training in Cthulhu Mythos.

### ***Indefinite Insanity***

When a character loses 20% of his Sanity in an encounter, he goes indefinitely insane. Roll on the indefinite insanity chart, and has that condition for 1d6 months or at the DM's discretion. These should not remove him from the game, but should be an aide to roll playing.

d%	Mental Disorder Type
01-15	Anxiety (includes severe phobias)
16-20	Dissociative (amnesia, multiple personalities)
21-25	Eating (anorexia, bulimia)
26-30	Impulse control (compulsions)
31-35	Mood (manic/depressive)
36-45	Personality (various neuroses)
46-50	Psychosexual (sadism, nymphomania)
51-55	Psychospecies
56-70	Schizophrenia/psychotic (delusions, hallucinations, paranoia, catatonia)
71-80	Sleep (night terrors, sleepwalking)
81-85	Somatoform (psychosomatic conditions)
86-95	Substance abuse (alcoholic, drug addict)
96-100	Other (megalomania, quixotism, panzaism)

### ***Permanent Insanity***

If a character's sanity score reaches 0, he goes permanently insane. He is reduced to a crazed lunatic and no longer under the control of the player.

### ***Recovering Sanity***

Over time, with rest and relaxation, a mind can slowly heal from almost any horror. Heroic characters can recover sanity point through multiple means.

First, characters can attempt to actively treat a character. This requires a skill challenge (complexity 1) with Heal, Insight, and Diplomacy as primary skills. A successful challenge requires several days of relative calm. If successful, a character can recover 1d10 sanity points. However, this cannot bring a character above 5 times his wisdom score.

Second, as part of leveling up, the mind can recover. At each level, 1d4 sanity points are recovered. Again, these cannot bring a character's total sanity points above 5 times his wisdom score.

Finally, successful completion of tasks opposed by the forces of the mythos can recover some sanity. As part of adventures, the DM can grant recovery of sanity points and these are not capped by 5 times the wisdom modifier.