

# Sanity Loss Table

Incident	Loss
You see a fresh corpse; you witness a killing.	0/1D3
You kill someone in a fight.	0/1D3
You experience a strong unnatural sensation such as intense <i>déjà vu</i> , “missing time” or hallucinations.	0/1D4
You are in an accident or disaster serious enough to pose a risk of injury; car wreck, hurricane earthquake.	0/1D4
You witness acts of torture.	0/1D4
You see a particularly grisly murder or accident scene.	0/1D4
You see a supernatural creature from a distance.	0/1D4
You see hundreds of corpses; you witness a large battle.	1/1D6
You see a supernatural creature up close.	1/1D6
You witness an obviously unnatural, but not necessarily threatening, omen or magical effect	1/1D6
Some aspect of the Mythos is behind this mystery; specifics are comfortably distant in space or time.	1/1D6
You are attacked by a supernatural creature, or by a friend, loved one or Source of Stability.	1/1D8
You witness a clearly supernatural or impossible killing.	1/1D8
You witness or experience an obviously unnatural, and threatening, omen or magical effect	1/1D8
You kill someone innocent; you torture someone.	1/1D8
This Mythos truth poses a clear and present danger to innocents.	1/1D8
This Mythos truth goes deeper, reaches back farther, or has wider implications, than you previously believed.	1/1D8
You see a friend, loved one, or ally killed.	1D3/1D10
You are tortured for an hour or longer.	1D3/1D10
You discover you have committed cannibalism.	1D3/1D10
This Mythos truth poses a clear and present danger to you or your loved ones.	1D3/1D10
This Mythos truth is global or epochal in scope.	1D3/1D10
You are possessed by some outside force, but conscious while it operates your body unspeakably.	1D3/1D12
You speak with someone you know well whom you know to be dead.	1D3/1D12
You are attacked by a single gigantic supernatural creature or by a horde of supernatural creatures.	1D3/1D12
This Mythos truth violates one of your core beliefs or ideologies.	1D3/1D12
You see a friend, loved one, or ally killed in a particularly gruesome manner or in a way you are helpless to avert.	1D4/1D20
You kill a friend, loved one, or ally.	1D4/1D20
This Mythos truth could destroy the world or is doing so right now, probably inevitably.	1D4/1D20
You see a true unimaginable cosmic horror such as Great Old One or deity like entity.	1D10/1D100
This Mythos truth proves your beliefs or ideologies to be meaningless or doomed.	1D10/1D100

# Sanity Loss Table

Incident	Loss
<b>Violence</b>	
You see a fresh corpse; you witness a killing.	0/1D3
You kill someone in a fight.	0/1D3
You see a particularly grisly murder or accident scene.	0/1D4
You see hundreds of corpses; you witness a large battle.	1/1D6
You kill someone innocent; you torture someone.	1/1D8
You see a friend, loved one, or ally killed.	1D3/1D10
You are tortured for an hour or longer.	1D3/1D10
You discover you have committed cannibalism.	1D3/1D10
You see a friend, loved one, or ally killed in a particularly gruesome manner or in a way you are helpless to avert.	1D4/1D20
You kill a friend, loved one, or ally.	1D4/1D20
<b>Unnatural Events</b>	
You experience a strong unnatural sensation such as intense <i>déjà vu</i> , “missing time” or hallucinations.	0/1D4
You witness an obviously unnatural, but not necessarily threatening, omen or magical effect	1/1D6
You witness a clearly supernatural or impossible killing.	1/1D8
You witness or experience an obviously unnatural, and threatening, omen or magical effect	1/1D8
You are possessed by some outside force, but conscious while it operates your body unspeakably.	1D3/1D12
You speak with someone you know well whom you know to be dead.	1D3/1D12
<b>Mythos Monsters</b>	
You see a supernatural creature from a distance.	0/1D4
You see a supernatural creature up close.	1/1D6
You are attacked by a supernatural creature, or by a friend, loved one or ally	1/1D8
You are attacked by a single gigantic supernatural creature or by a horde of supernatural creatures.	1D3/1D12
You see a true unimaginable cosmic horror such as Great Old One or deity like entity.	1D10/1D100
<b>Mythos Revelation</b>	
Some aspect of the Mythos is behind this mystery; specifics are comfortably distant in space or time.	1/1D6
This Mythos truth poses a clear and present danger to innocents.	1/1D8
This Mythos truth goes deeper, reaches back farther, or has wider implications, than you previously believed.	1/1D8
This Mythos truth poses a clear and present danger to you or your loved ones.	1D3/1D10
This Mythos truth is global or epochal in scope.	1D3/1D10
This Mythos truth violates one of your core beliefs or ideologies.	1D3/1D12
This Mythos truth could destroy the world or is doing so right now, probably inevitably.	1D4/1D20
This Mythos truth proves your beliefs or ideologies to be meaningless or doomed.	1D10/1D100