

Expanded Madness

Under the right circumstances, the Mind can be a very Fragile thing, and the mortal psyche is often prone to shattering under extreme stress. When the mind breaks in this way, it seldom does so in a predictable way.

These tables are designed to replace or expand on the madness tables listed in the DMG. They are heavily inspired by actual psychological disorders, but are not in any way accurately represent mental illness - It is simply too complex a topic to accurately model in a system that uses hit points to represent any possible injury a person might suffer in battle.

Much like real psychological disorders, the effects listed on these tables are meant to be indefinite or last until cured. the Spell **Calm Emotions** may be used to suppress the effects of Madness. Incessant and Debilitating Madness may be cured by a **Lesser Restoration** Spell, while Crippling madness requires **Greater Restoration**. Depending on their source Spells Such as **Remove Curse** or **Dispel Evil** may also remove the effects. Your DM may also rule that there are more mundane ways to recover from madness, such as therapy or overcoming personal obstacles.

INCESSANT MADNESS (Lesser Restoration)

Level	Effect
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| 1 | <i>Your mind is drained and sluggish. You suffer one level of exhaustion, and cannot gain the benefits of a short rest</i> |
| 2 | <i>Sensation is muddled, and you seem to hear colors or taste sounds. You have disadvantage on perception checks, and your passive perception becomes 0.</i> |
| 3 | <i>You find yourself compelled to eat small inedible objects such as buttons, pebbles, bullets, or coins . You must make a dc 10 charisma save to resist consuming such objects</i> |
| 4 | <i>The last few hours are a Blur; you cannot seem to remember anything that happened since your last long rest, and lose all experience gained during the missing hours</i> |
| 5 | <i>You find yourself easily distracted and unable to focus on any single task or target. You cannot choose to repeat the same action or target the same creature or object twice in a row</i> |
| 6 | <i>A guilty conscience weighs on you heavily holding you back from deceptive or immoral acts. You have disadvantage on skill checks to lie, deceive, or steal</i> |
| 7 | <i>You develop a noticeable vocal tick, which others find unsettling. You have disadvantage on deception, persuasion and performance checks which rely on speech</i> |
| 8 | <i>The idea of forcing your will on others is frightening and difficult, you have disadvantage on persuasion and intimidation checks</i> |
| 9 | <i>Your fingers struggle to remember the nuances of written language. you must succeed on a dc 10 dexterity check in order to write legibly.</i> |
| 10 | <i>You find yourself pocketing anything not nailed down. If you unobserved within 5ft of a small object that would fit in the palm of your hand, you must succeed on a dc 15 charisma check or attempt to pocket the item.</i> |
| 11 | <i>Written Language becomes difficult as the symbols on the page seem to dance around. You must succeed on a DC 10 intelligence check to read any writing, even if you can normally read that language.</i> |
| 12 | <i>Your tongue ties itself in knots whenever you attempt to speak. You must succeed on a dc 10 dexterity save in order to speak coherently.</i> |
| 13 | <i>The difference between dream and memory is ill defined. You have disadvantage on knowledge checks made to recall information, however on a natural 1, you recall relevant information you have no way of knowing.</i> |
| 14 | <i>You find it bewildering to face asymmetry in battle. You have disadvantage on attack rolls while within 5 ft of an odd number of creatures</i> |
| 15 | <i>A vast hunger consumes you. You must succeed on a dc 15 charisma saving throw to avoid ingesting any food or drink provided to you, and suffer one level of exhaustion for every hour you go without food or drink.</i> |
| 16 | <i>You find it increasingly difficult to tell friend from foe. You must succeed on a DC 10 charisma check to correctly identify a creature as an ally or enemy in battle</i> |
| 17 | <i>It becomes difficult to tell the truth, even when you know you should. You can add twice your proficiency bonus to deception checks when telling a lie, but must succeed on a DC 15 charisma save in order tot ell the truth</i> |
| 18 | <i>Your dreams are plagued with terrible nightmares. You must succeed on a dc 15 charisma saving throw in order to gain the benefits of any long rests you take</i> |
| 19 | <i>Pain is so deadened by your mind that you have difficulty recognizing when to avoid it. You gain temp hp equal to your charisma modifier each round, but cannot add your dexterity modifier to your AC.</i> |
| 20 | <i>You are uncharacteristically chipper, and gain advantage on all skill checks in which you are proficient</i> |

DEBILITATING MADNESS (Lesser Restoration)

Level	Effect
1	<i>Illness seems intent on taking you, even if no one else sees the signs. You suffer the effects of the spell contagion, as decided by the DM</i>
2	<i>Your fingers seem hesitant to obey your command, you have disadvantage on slight of hand checks and attacks made using your dexterity modifier</i>
3	<i>You feel compelled to repeat yourself, lest you make a mistake. Whenever you take an action, you must repeat that action 1d4 times</i>
4	<i>You cannot seem to recall how to use tools you once knew so well. You lose one weapon or tool proficiency, chosen by the DM</i>
5	<i>Your mind is overwhelmed by everything going on around you. You must succeed on a dc 15 charisma check each round, or be unable to take more than one type of action that round.</i>
6	<i>You cannot seem to recall much of anything from the past week. You cannot remember anything that has happened during the past 1d6 days.</i>
7	<i>The world around you seems too large, or you seem too small. Your carrying capacity is reduced by 1/2, and weapons count as one size category larger for the purpose of wielding them</i>
8	<i>Even the lightest touch wracks your mind with mental anguish. You take an extra 1d6 psychic damage whenever you take damage from a physical source</i>
9	<i>Your eyes suddenly become too sensitive to see properly in all but the dimmest of light. You are considered blinded when not within darkness or dim light.</i>
10	<i>Whatever that was... you need more. You develop an addiction to the last substance you ingested, and gain one level of exhaustion for every day you go without it</i>
11	<i>You aren't sure why, but that... thing terrifies you. You become frightened of a type of object or creature that you can see, chosen by the DM. You suffer from the frightened condition as described in the DMG</i>
12	<i>You are convinced that you are the main character within some strange story. You may re-roll any 1s on attack rolls, saving throws, and ability checks</i>

CRIPPLING MADNESS (Greater Restoration)

Level	Effect
1	<i>Your mind refuses to commit new information to memory. At the end of each long rest, you forget everything that has happened since you first gained this madness effect, and lose all experience you have gained since your last long rest.</i>
2	<i>A deep seated emptiness grips your entire being, draining your will to take on even the smallest of tasks. You have disadvantage on all ability checks, saving throws, and attack rolls, and cannot gain the benefits of a long or short rest</i>
3	<i>Your body betrays you at every turn. You automatically fail stealth checks, and must succeed on a dc 15 charisma saving throw each round, or use your reaction to make a melee attack against a creature or object within 5 ft of you. If not creature or object is present, you instead attack empty space.</i>
4	<i>Even the idea of eating wracks your mind with terrible guilt. You are unable to willingly ingest food or drink, and if you are forced to do so, you must succeed on a DC 15 charisma save or throw up, gaining no benefits from the food or drink.</i>
5	<i>You suffer intense flashes of past trauma, transporting your mind back into the terrifying events. When you are hit by a weapon or spell attack, you must succeed on a dc 15 charisma check or be incapacitated for 1d4 rounds.</i>
6	<i>You cannot remember anything from before you gained this madness effect, and must succeed on a dc 15 charisma check to benefit from any of your proficiencies. You still remember how to speak, walk, and otherwise function, and can still use abilities and features from your class.</i>
7	<i>Your ears ring with voices that are not your own. Whenever you enter a new area, you must succeed on a dc 15 charisma save or be under the effects of the hallucinatory terrain spell as controlled by the DM. On a natural 1, you are also under the effects of the phantasmal killer spell</i>
8	<i>Your thoughts are suddenly flooded with knowledge and skills you have never experienced before. You gain proficiency in 1d4 skills, weapons, tools or languages as decided by the DM. Alternatively your DM may grant you one class feature from a class you have no levels in.</i>