

Sanity system converted from Unknown Armies. Each character has their sanity measured on five axes: Violence, Unnatural, Helplessness, Isolation, Self. Each axis has seven Hardened notches and five Failed notches.

There are seven different difficulties of sanity checks: 1 (Will+2), 2 (Will+1), 3 (Will), 4 (Will-1), 5 (Will-2), 6 (Will-4) and 7 (Will-7). Succeeding in a sanity check gives you a Hardened notch on the corresponding gauge. Failing in a sanity check gives you a Failed notch.

The suggested effects of notches are given out below. These are *suggestions* only. All characters are individuals, and it's up to the player to determine their actual reaction and method of coping (or not coping).

Sanity check difficulties

Violence checks:

- 1 Be attacked with a weapon.
- 2 Witness an act of torture. Be present in a fight with people dying.
- 3 Kill someone in a fight.
- 4 Be present in a massive battle with hundreds of deaths on both sides. Perform an act of torture.
- 5 Deliberately kill a helpless target. Witness a brutal mass execution.
- 6 Be tortured for an hour or longer.
- 7 Be tortured for a week or longer. Watch as somebody you love is tortured to death.

Unnatural checks:

- 1 See a creature or machine that

cannot logically exist.

- 2 Realize a vision you've had of the future has come true.

- 3 Be attacked with "magic", without any visible or rational cause.

- 4 See someone you know killed with magic.

- 5 Have a conversation with a loved one whom you know is dead.

- 6 See the dead rise.

- 7 Realize the reason you and your husband of ten years have never had children is that he's not really a human being.

Helplessness checks:

- 1 Unintentionally humiliate yourself in public.

- 2 Fail at something when it's imperative you succeed.

- 3 Get fired from a job you love.

- 4 Watch a videotape of your spouse committing adultery.

- 5 Be placed in a situation where you have to either saw off one of your limbs or die.

- 6 Watch someone you love die because you tried to save them and failed.

- 7 Be possessed, yet conscious, as your body commits unspeakable acts against your will.

Isolation checks:

- 1 Spend four days without talking to another human being.

- 2 Spend a week in solitary confinement.

- 3 See someone you thought you knew intimately behaving in a fashion completely contrary to her normal behavior.

- 4 Spend a month in a country where no one speaks your language and you can't make yourself understood no matter

how you try.

- 5 Be deeply, painfully, and violently betrayed by someone you love.

- 6 Be treated like a stranger by your closest friends.

- 7 Spend a week in a sensory deprivation tank.

Self checks:

- 1 Break a minor promise you intended to keep.

- 2 Be confronted with proof that your self-image is incorrect.

- 3 Secretly gratify an urge that is unacceptable to your upbringing and background (Spit on a cross if Christian, date a person of another race if raised in a racist home, have a homosexual affair if you come from a homophobic background, etc.)

- 4 Lie to conceal some aspect of your personality from a close friend or loved one who trusts you implicitly.

- 5 Deliberately deceive someone you love in a way that is certain to cause them terrible pain if they found out.

- 6 Kill someone you love.

- 7 Deliberately destroy everything you've risked your life to support.

Effects of Hardened notches

Violence Hardened:

- 1-2 Superficially, you're much like everyone else.

- 3: Your attitude towards violence shows on your face when the subject comes up, unless you work to hide it. It might be intensity, or nervousness, or just a grim silence.

- 4: Violence is a common feature of your mental landscape. You show little reaction at all when

it's discussed or depicted in fiction.
5-6: Your callousness shows in your every word and expression unless you constantly work to suppress it.
7: It's not hard for people to realize that the deepest horrors of torture and brutality have become commonplace to you. The death of others, or yourself, has no intrinsic significance. You might prefer to stay alive, but it's only a matter of personal taste. Life, in the abstract, doesn't mean anything.

Unnatural Hardened:

1-2: There's little to distinguish you from the average person.
3: You tend to listen very closely when someone discusses the supernatural, trying to figure out if they know something.
4: You know and accept that there are vast, incomprehensible forces governing the universe. It strikes you odd when people act as if they're in control of their lives: you know better.
5-6: ?
7: You are no longer surprised by violations of ordinary logic. Everything is normal to you – talking foliage, spontaneous combustion and stigmata are as ordinary and reasonable as cars, dogs and rain.

Helplessness Hardened:

1-2: You don't have any major behavior changes yet.
3-4: Your fatalism has increased. When things go wrong in a big way, or when trouble comes from an unexpected or unlikely source, you handle it with a remarkable lack of affect.
5-6: You have a boundless faith

in the ability of chaos to screw you over. ("So my brake cable snapped and my gas pedal got stuck down to the floor. What makes you think someone tinkered with my car? Shit happens.")

7:: The distinction between "accidental" and "intentional" is pretty much lost to you. Maybe you believe everything to be predestined, or maybe that everything happens due to chance. The one thing you find hard to swallow is the idea that we are the captains of our fates.

Isolation Hardened:

1-2: There are no really obvious signs of your experiences.
3: You can be unthinkingly rude, breaking in during the middle of a conversation before someone's done speaking, or telling the truth when it isn't diplomatic to do so.
4: You lack patience with people who don't immediately understand what you're trying to tell them. Your first impulse is to repeat the same (to you, obvious) explanations over and over, or just give up. (This is just your first impulse: it can be overcome if you pay extra attention. Your social skills aren't penalized each time you make a roll.)
5-6: Unless you're concentrating, you lack dialogue skills. You don't like it when people interrupt, but you frequently interrupt others. You also don't see the point of social conventions such as clothing, grooming, *etc.* You might still shave every day, but it all seems a little silly.
7: At some level, you not only don't care what people think about you: you can't understand

how anyone could care. You're very aware that people are inherently alone, and we can never really understand or communicate anything but the most rudimentary things. You know everyone is an island, in the final analysis. Especially you.

Self Hardened:

1-2: There are few external signs of your interior struggle.
3: Even when you're telling the truth, people often think you're lying, unless you make a particular effort to act "natural".
4: You've lost a sense of connection to those who were close to you. You can predict the actions of your friends, relatives or lovers, but you no longer know exactly what you feel about them.
5-6: Half the time, you only know you're telling the truth if you take a minute to think about it. Truth and lies aren't nearly as important as they used to be.
7: Life has been pared down to the essentials: you no longer have opinions about music, food, or fashion. You've lost the ability to enjoy or dislike things, because there's so little of "you" there to interact.

Effects of Failed notches

Five Failed notches in any single gauge leads to a serious mental aberration.

Violence Failed:

1: At this level, you're superficially fine.
2: You're very aware of violence, both real and depicted. It strikes you odd that so many people don't realize the huge difference between movie

violence and real violence.

3: You get alert or uneasy every time you see blood, even badly faked blood in a horror flick or when someone cuts a rare steak. Sometimes you have nightmares of the violence you've witnessed.

4: You instinctively take a defensive posture whenever there's a loud noise or raised voice nearby. Your nightmares are frequent, and you have a hard time looking at anyone without imagining (if briefly) what you'd do at the moment they attacked.

Unnatural Failed:

1: At this level, it's pretty hard to tell.

2: You have a few nightmares, and are suspicious and/or fascinated by occult and religious books, places, paraphernalia, and people.

3: You frequently feel like you're being watched, even when there's no one around. Sometimes it seems like you hear voices in "white noise" - sounds like the wind in the trees, the sloshing of a washing machine, or the noises of traffic.

4: The nightmares are frequent. Sometimes you feel like there's someone - *something* - watching you and you can almost see it out of the corner of your eye.

Helplessness Failed:

1: At this level you're fairly normal.

2: You have a tendency to get unreasonably nervous and pessimistic when small things go wrong. You may be irritated if a bus is just a few minutes late, or your computer freezes

up. (This is not necessarily incomptabile with the behavior of 3+ Hardened notches: it's perfectly possible to be freakishly calm about big things and freakishly upset about little things.)

3: You have an intense dislike for surprises, even good ones. They remind you of the essentially unpredictable nature of reality, and that scares and annoys you.

4: You find it very difficult to trust anything. Your friends, your own abilities, even your memories could be false. You tend towards obsessive-compulsive behaviors such as checking the door to your house many times to make absolutely sure it's locked. You attempt to be prepared for everything possible.

Isolation Failed:

1: You can interact in society with no problems.

2: You're a bit nervous around new people, eager to make a good impression. This could be expressed as shyness or through "chatterbox" behaviors.

3: If sleeping alone, you sometimes suffer from insomnia. Perhaps you don't like silence when you're by yourself, and always keep a television on or a radio playing. Sometimes, when you're not paying attention, you talk to yourself.

4: Soemtimes when you're isolated (either all by yourself or surrounded by strangers) you have panic attacks - a sense of intangible, impending doom. You feel like you're in mortal danger.

Self Failed:

1: You don't have any real kinks yet, but sometimes you feel an odd sense of dissociation. "Sure, I know I'm Greg Stolze", you might think, "but who's Greg Stolze?"

2: The "who am I?" moments come more frequently. You tend to become introspective whenever someone mentions "truth" or "lies" or "promises".

3: Half the time your words and actions feel oddly forced, fake, or rehearsed to you - as if, rather than yourself, you were an actor play the role of you.

4: You frequently feel like you're watching your every action from the outside. You have little sense of will or volition: it's as if you're a passive observer, along for the ride while your body goes through the motions.