

FAVOR OF THE GODS - TRAUMAS

#	NAME	EFFECT	AP	CATEGORY
1	Addicted	You are heavily addicted to a substance of your choosing and try to satisfy this need by all means. Not having access to the substance causes you to suffer from withdrawal, giving you restless sleep and 5 points of stress per day without. Once a day, when using the substance in excess, your stress is reduced by 5.	2	Mental
2	Anxious	Something bad is about to happen. Your traumatic experience has left you anxious, fearing what fate might have in store for you next and constantly overthinking situations. Intuition and deception checks increase your stress by 3. Whenever something bad happens unexpectedly, your stress is reduced by 1.	2	Mental
3	Compassionate	Through your own trauma you have gained a deep understanding for the pain of others. Denying someone in need your help increases your stress by 5. Once a day, helping someone else reduces your stress by 1.	2	Mental
4	Compulsion	You suffer from a compulsion of your choosing, something you are forced to do (for example obsessively cleaning yourself). Whenever you cannot perform your rituals, your stress increases by 3.	1	Mental
5	Cowardly	You are afraid of physical harm and tend to avoid dangerous situations. Whenever you are forced to fight, you gain 5 stress. Whenever you can avoid combat, your stress is reduced by 3.	2	Mental
6	Distracted	Since your traumatic experience, you often find yourself drifting off into daydreams and get lost in your imagination. Awareness and willpower checks increase your stress by 2. Your maximum focus is reduced by 2.	2	Mental
7	Gluttonous	The more the better. No banquet is safe from your attempts to fill the void inside you. Whenever you go hungry or thirsty for a day, you gain 5 stress. Once a day, binging on food and drink reduces your stress by 5.	1	Mental
8	Greedy	You love money and you hate spending it. Whenever you spend more than strictly necessary or give someone a gift, your stress increases by 5.	1	Mental
9	Gullible	You like to believe what people tell you and not question their motives. Whenever you make an intuition check to find out someone's intentions, you gain 3 stress. Whenever you find out that you have fallen for a lie or have been betrayed, you gain 5 stress.	2	Mental
10	Hallucinations	You suffer from hallucinations of your choice that manifest in certain situations. When this happens, your stress increases by 3.	2	Mental
11	Haunted	Sometimes your memories become overwhelmingly painful, clouding your judgement. Whenever you make a check for intuition or reasoning, you gain 3 stress.	1	Mental
12	Hopeless	Everything seems bleak, you have lost trust in your own abilities and you are always tired. Whenever you make a charm or willpower check, your stress increases by 2. Your maximum vigor is reduced by 2.	2	Mental
13	Justice must be served	All justice is man-made. Bringing judgement to wrongdoers fills you with purpose and lessens your burden. Whenever you see that justice is brought down, your stress decreases by 3. Whenever you see the guilty get away with their deeds, you gain 5 stress.	1	Mental
14	Lazy	You always try to avoid work and get others to do it. You need to conserve your energy for the important things in life after all. Whenever you make an athletics or craft check, you gain 1 stress. Your maximum vigor is reduced by 3.	2	Mental
15	Lustful	You simply cannot help yourself whenever you see someone you desire... and your standards are quite low. Being rejected by a potential lover increases your stress by 5, but becoming intimate with someone reduces your stress by 3.	1	Mental
16	Masochistic	If life is suffering, you may as well embrace it. Pain brings you solace in this cruel world. Whenever you take damage, your stress is reduced by 1. If you go a day without taking any damage, you gain 3 stress.	2	Mental

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17	Obsessive	You have an itch in your brain you just cannot scratch. However, it seems to fade away whenever you adhere to strict rituals or bring order to something chaotic. Spending considerable time in a messy environment increases your stress by 3 while tidying up reduces your stress by 1. When resting in such a place, you suffer from restless sleep.	1	Mental
18	Overbearing	You have made mistakes in the past and now you clearly see the error in the ways of others. You are quick to give unasked advice and order others around because you know better. Whenever someone does not want to accept your help, you gain 3 stress. If your advice leads to a satisfying outcome, your stress is reduced by 1.	1	Mental
19	Overprotective	You cannot bear to see the people close to you be harmed. You always jump to their aid, even when the situation seems hopeless. Whenever you have to look on while your allies suffer, your stress increases by 5. Should one or more of your allies fall in a battle, you gain 10 stress. Whenever you successfully prevent an ally from taking damage, your stress is reduced by 1.	1	Mental
20	Paranoid	You find yourself looking over your shoulder more often than you would like to admit, feeling like you are being followed. Others cannot be trusted, they all have their own agenda. Whenever you have to trust the plans of someone else, you gain 3 stress. Whenever you expose someone's bad intentions toward you, your stress is reduced by 1.	1	Mental
21	Phobia	You suffer from a phobia of your choosing. Whenever you are confronted with the source of your fear, you gain 10 stress if you cannot find a way to avoid it.	1	Mental
22	Pious	You find comfort in prayer and belief. Only the gods may guide you through this earthly chaos. If you do not spend at least a few minutes of each rest in deep prayer, you do not get its benefits. Whenever you are forced to defy your religious practices, lie about your confession or act against the divine will, you gain 5 stress. Once a day, if you draw cards from your prayer deck, your stress is reduced by 1.	1	Mental
23	Reckless	Life is short and fearfulness is reserved for fools. You are quick to take action without too much thought or care. Whenever you make a check for reasoning or stealth, you gain 2 stress. If you have to retreat from a confrontation, you gain 5 stress.	2	Mental
24	Rowdy	You ache for the rush of a fight. It makes you feel alive and clears your mind. You are quick when looking for reasons to be insulted. Whenever you get involved in a fight, your stress reduces by 5. Going a day without any kind of confrontation increases your stress by 3.	1	Mental
25	Sadistic	Whenever you see others suffer, your own troubles seems to disappear. Once a day, when someone or something takes damage by your hands, your stress is reduced by 5. Going a day without hurting something, you gain 3 stress.	1	Mental
26	Selfish	No one else is looking out for you, so you have to do it yourself. Enriching yourself at the expense of others reduces your stress by 5. Whenever you have to share fairly, you gain 1 stress.	1	Mental
27	Short fuse	Your patience is thin and the longer something takes, the stronger your urge to act becomes. Whenever you have to wait or endure a boring situation, you gain 3 stress.	1	Mental
28	Shy	You are withdrawn and interacting with strangers makes you very uncomfortable. Whenever you make a social ability check, your stress increases by 1.	1	Mental
29	Sleep disorder	The emotional burden you carry leads to recurring nightmares, insomnia or even sleepwalking. Sometimes you wake up drenched in sweat. Your long rests take 2 hours longer. You only regenerate half of your vigor and focus when finishing any rest.	4	Mental
30	Speech impediment	You suffer from a speech impediment. You gain disadvantage on all rolls for intimidation and charm if the roll requires speech.	2	Mental

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31	Superstition	You are easily led to believe in all things supernatural und have a ritual of your choosing you must adhere to or great evil will befall you. Whenever you neglect your ritual or defy one of your superstitions, you gain 5 stress. Once a day, performing your ritual reduces your stress by 1.	1	Mental
32	Wrathful	You have become bitter and cynical when you think about what the world has become. Those who do not see all of these wrongs are bumbling idiots. Although you may regret it later, in your anger you tend to lash out at other people or objects around you. Once a day, when you can destroy something or hurt someone, your stress is reduced by 3 points. If you go a day without it, your stress is increased by 1.	1	Mental
33	A face only a mother can love	You are so ugly that your mother had to tie a steak around your neck so at least the dogs would play with you. You gain 1d6 disadvantage to all social checks against people who know your face.	2	Physical
34	Chronic pain	One of your injuries has never fully healed, causing you to be in constant pain. You gain 1d6 disadvantage to athletics and dexterity checks.	2	Physical
35	Deaf	You have lost your hearing. You cannot make awareness checks to listen. Your vigilance is reduced by 3.	3	Physical
36	Dulled senses	Your senses are dulled by past injuries and sometimes your ears do not stop ringing. Your vigilance is reduced by 3.	1	Physical
37	Fatigue	You always feel tired, even right after you woke up. Your maximum vigor is reduced by 3.	1	Physical
38	Fragile	You are of delicate constitution and at least once, you broke your toe when you stubbed it on some furniture. The maximum damage you can take is reduced by 5.	2	Physical
39	Gruesome scarring	People tend to avoid you once they see the scars across your face and body. You gain 1d6 disadvantage to charm and deception checks against anyone who know your face. You gain 1d6 advantage to intimidation checks against them.	0	Physical
40	Lame	You suffer from an impairment which slows you down either as the result of a birth defect or an irreparable injury. Your movement is reduced by 2 and you gain 1d6 disadvantage to athletics checks where you have to use your legs.	2	Physical
41	Mute	You suffer from an impairment that took away your ability to speak and only lets you communicate in incomprehensible sounds.	3	Physical
42	Night-blind	You have problems seeing anything in dim light or darkness. You gain 1d6 disadvantage to awareness checks in dim light.	2	Physical
43	Obese	It tasted so good, but now you are significantly overweight. Your movement is reduced by 2. Your athletics, dexterity and stealth checks cost 1 vigor.	2	Physical
44	One armed	You have either lost an arm or are unable to use one of them.	3	Physical
45	One eyed	You have lost an eye or are blind on one eye and now your depth perception is messed up. You gain 1d6 disadvantage on shooting checks, awareness checks that require vision and melee/throwing checks to throw something.	2	Physical
46	One legged	You have lost a leg or are unable to use one of them. Your movement speed is reduced by 2 even with the walking aid you need. All your physical and combat ability checks that require walking or standing upright have 1d6 disadvantage.	3	Physical
47	Short-breathed	You suffer from chronic breathing problems. Your maximum vigor is reduced by 3.	1	Physical
48	Stutter	When you are under pressure, your thoughts race ahead of your mouth and you begin to stutter. Your social ability checks have 1d6 disadvantage.	2	Physical
49	Tremor	Your hands start to shake in the most unfortunate situations. You gain 1d6 disadvantage to your craft and dexterity checks.	1	Physical