



# CTHULHU

# INSANITY DICE

By Ben Burns

**Cthulhu Insanity Dice** comes with two different dice. One has green tentacles and is used for immediate effects when a character is traumatized and suffers a temporary insanity (the Temporary Insanity die). The other has red tentacles and is used for longer term phobias (the Phobias die).

In the 6th and 7th editions of Call of Cthulhu, an investigator suffers a temporary insanity when they have suffered 5 or more sanity points at one time and passes their idea test. Afterwards, a mild phobia is applied to the investigator. For other game systems, apply an insanity or phobia when the rules apply some mental trauma or when a character loses control of their actions, such as failing a fear test. The duration of the insanity should be proportional to the horror the character is facing; the more terrifying, the longer it should last.

## **Die One: Temporary Insanity**

**Babbling:** Incoherent and rapid speech that is meaningless chatter or random sounds.

**Catatonia:** You remain standing but have no will and are oblivious to events around you. You can be led and forced to do simple actions.

**Delusions:** You see and hear things that are not real and you cannot tell the difference between what is real and what is imagined.

**Echopraxia:** You imitate what another person (or persons) do and say.

**Faint:** You lose consciousness for a short time. This will cause you to fall if standing.

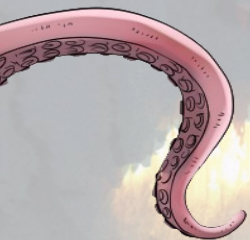
**Flee in Panic:** You run or drive away as fast as possible until you are a safe distance from the cause of your insanity.

**Frozen in Fear:** You cannot move or look away from the cause of the fear, and you may not voluntarily take any actions. Only extreme force may move you.

**Physical Hysterics:** You will begin to laugh or cry loudly while physically lashing out, hitting and kicking at nearby people or objects, throwing things, etc., as a feeling of hopelessness overwhelms you.

**Strange Eating:** You begin to eat or drink an unusual substance you would not normally eat, such as dirt, rocks, bark, skin, blood, or whatever else is convenient (GM's choice).

**Suicidal Mania:** You will attempt to commit suicide with the most expedient method available. GM has the option to change this to Homicidal Mania instead.



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## Die Two: Phobias

Anxiety: You will suffer from a variety of physical and emotional symptoms such as aches, twitches, restlessness, sweating, racing heart, inability to focus, insomnia, and impatience. The GM should select 1d3 of these symptoms for the character.

Eating Disorder: You will suffer from either anorexia, leading to weight loss and possible death, or bulimia, which can lead to binge eating, weight gain, vomiting, cramps, and depression. Or, if this is picked up from a Strange Eating insanity, you may have a secret desire for what you ate during your insanity. GM's choice of disorder.

Explosive Rage: You become impulsive, aggressive, and unable to control your rage, at times leading to assaults and destruction of property.

Multiple Personality: As a way to escape, you have developed one or more extra personalities, each of which has its own distinct behavior and possibly different social relationships. The GM should work with the player to develop 1d3 personalities and determine when each different one comes out. Each personality should be radically different.

Paranoia: A persistent, consistently plausible and ingenious delusion of persecution, self-importance, or jealousy. New information always seems to support your conspiracy.

Psycho Amnesia (Psychogenic Amnesia): You forget important personal information brought on by a desire to avoid unpleasant memories. When the memories return, this character will need to confront the old horrors all over again and make a new sanity check.

PTSD (Post Traumatic Stress Disorder): You begin to relive past traumas through persistent thoughts, dreams, and flashbacks. Sights and sounds reminiscent of the traumas can act as a trigger.

Related Phobia: You have a persistent fear of a particular object or situation. This should be related to what caused the original insanity. No amount of talking will allow you to ignore your phobia.

Sleep Walker: You will walk around while sleeping and possibly perform simple activities. You will be difficult to waken and will remember nothing you did while sleep walking. GM may replace this with Night Terrors, a condition in which you wake up in the night screaming in terror.

