

STRESS POINT SYSTEM V.1

This is a basic 0-5 system of accumulative stress points that will be utilized with many of our mechanics. This is the system at it's most basic form (version 1) - we will have notes in each mechanic that uses this system, explaining what the stress points do specifically for that mechanic. Ultimately, it is up to the player's discretion when their character would take a stress point. This serves as a guide.

BASIC SYSTEM

- 0:** The character is not stressed at all.
- 1:** The character is barely stressed, and can easily ignore this.
- 2:** The character is mildly stressed, and is less able to ignore it, but it does not get in the way of them performing any tasks or actions.
- 3:** The character is stressed and is very aware of this stress. You must subtract -1 from any ability checks or saving throws.
- 4:** The character is extremely stressed, and is barely hanging on. You must subtract -2 from any ability checks or saving throws.
- 5:** The character is so stressed that they are no longer able to perform tasks and abilities well. The character must roll at disadvantage any ability checks and saving throws, and subtract -2 from that roll.

5, With Mechanics: The mechanic-specifics of hitting 5 stress points will be noted in each individual mechanic. The example I will use here is the Autism mechanics: hitting 5 stress points will trigger a meltdown in that character. Each mechanic that utilizes this system will have their own 5-point specific consequence.

WHAT INCREASES STRESS

Ultimately, a lot of this is up to the player. We highly suggest that as a player, you make a list of what triggers your character would have, or things that would really cause them stress. (Make sure to share with your DM!) We have a few examples here:

Sudden Environment Change: +2 points

Point of Exhaustion: +1 Point

Encountering a Trigger: +1 point for a mild trigger, +2 points for a strong or severe trigger.

For ease, we recommend that each trigger or stressful thing that you decide on adds +1 stress point, unless you feel comfortable determining how many points you believe should be assigned to each one.

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WHAT DECREASES STRESS

Again, a lot of this can be up to the player. If as a player, you have certain things in mind that would comfort or relax your character - physical affection, taking a bath, holding onto a comfort item - make a note of that and share it with your DM. Some examples:

Stimming: -1 Point

Short Rest: -2 Points

Hug/Physical Comfort: -1 Point

Long Rest: Restarts stress points back to 0.

For ease, we recommend that each comfort or relaxing thing you decide on takes away -1 stress point, unless you feel comfortable determining how many points you believe should be taken away with each one.

REFERENCES & CREDITS

All works are carefully researched for authenticity and realism, and disabled individuals are consulted throughout the process. A lot of people reviewed these mechanics to give feedback. Primarily, the team:

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