

CHRONIC PAIN MECHANICS

This chart was developed to be easy to follow mechanics for characters with chronic pain in Dungeons & Dragons. This uses a simple d10 system to roll each new day in the game, which determines the character's pain level for that day.

CHRONIC PAIN CHART:

Every new day in the game, roll your d10 and follow the chart below.

1:

The character has little pain. Rolling a 1 doesn't mean that they are experiencing *no* pain, it just means that it is manageable. Mild stiffness in the morning, and maybe a light ache in their joints. The character has disadvantage on initiative rolls.

2-3: The character has mild pain, which causes stiffness, discomfort, and achiness in joints. In addition to the above, the character will have disadvantage on Strength-based checks and saving throws.

4-6: The character is experiencing moderate pain, making it difficult to perform most physical activities, and they are much more aware of their pain. In addition to the above, they have disadvantage on all Dexterity-based checks and saving throws.

7-9: The character is in severe pain. They are having trouble focusing on anything other than their pain, which makes it difficult to move and function. In addition to the above, characters will have disadvantage on all Intelligence-based checks and saving throws, as well as all other saving throws *excluding* Constitution.

10: The character is in so much pain they are unable to function. Essentially, this level of pain means the character is mostly bedridden and cannot/can barely get up and move around, let alone fight. All ability checks and saving throws should be made at disadvantage, and the character's speed is halved.

Proficiencies & Advantages:

- If the character is not already proficient in Constitution, they will gain this additional proficiency, since living with chronic pain every day gives you the ability to focus and work through a lot more than someone without this pain.
- They will gain the Medicine proficiency.
- They also have advantage on all Concentration checks

Managing Pain:

There are a few options for managing this pain. These vary from healing, to medicine, to mobility aids. Each of these can be used in different ways to bring down the character's pain level for the day. (Information for painkillers, joint braces, and mobility aids will be in further works of mine and are still in development).

- A healing spell being used on the character will allow you to reroll the daily d10 at advantage, with the *lower* number being the number used. This may only be done ONCE per day, no matter the outcome of the new roll.
- Light and Strong painkillers can be used.
- Joint braces and mobility aids can be used to bring down the character's pain level. Usage will depend on the individual character's pain areas, as determined by the player.

Magic & Chronic Pain:

While magic and healing spells can be used to heal temporary wounds, chronic pain is not something that magic can permanently fix. Just as it cannot be used to restore lost limbs, permanent conditions cannot be cured. Chronic pain is a *constant*. Magic has limits, and healing a lifelong condition is far out of its reach.

Environmental Factors:

The weather/environment can do a lot to change a person's pain levels. This is not an enforced rule for the chronic pain mechanics, and it is up to the DM and player whether or not you choose to use this.

Cold Climate/Snow: Cold or snow coming through can cause a character's pain to increase. With the exception of a character who has lived in a cold climate for a long time, and has grown used to this, if a character travels into a cold climate or there is snow, the daily d10 must be rolled at disadvantage with the *higher* number being the number you use.

Storms: For a lot of people with chronic pain, rain or storms moving through can have a strong effect on our pain levels. If there is rain or storms, roll a percentile die to see if your character is affected. Anything below 50%, you must roll the d10 at disadvantage with the *higher* number being the number you use.

Physical Factors:

A lot of physical exertion can cause flare ups, which is increased pain levels. This section can be up to the player more than an enforced rule, as it will depend on the individual character. A character with chronic pain that is a physical/melee combatant in fights is more susceptible than one who stays back from the action and uses magic and long ranged combat. It is up to personal interpretation what "rough fight" is considered for their character.

Fights: If the character has been in a rough fight, this will trigger a flare up starting the next day. The day following the fight, roll a d4 to determine how many days the flare up will last. For as many days as that determines (starting with the day rolled), you must roll your d10 at disadvantage with the *higher* number being the number you use.