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| A card with a shield and sword  AI-generated content may be incorrect.  **Mild (M)** | **Addled** Mentally foggy; thoughts are muddled and unclear. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Befuddled**  Dazed and slow to think, as if intoxicated or stunned. |  |  |  |  |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Spooked**   Startled or nervously on edge after a sudden fright. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Stumped**   At a complete loss; unable to solve one problem or respond. |  |  |  |  |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Uninspired**  Feeling a lack of motivation or creativity. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Scared**  Afraid; in a state of fear, possibly leading to hesitation or flight. |  |  |  |  |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Mild (M)** | **At a Loss for Words**  Mentally stunned and socially silent; can't respond. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Confused** – Slight mental disorientation, difficulty focusing. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Cowering** – Minor fear, instinctively shrinking from danger. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Dazed** Disoriented, struggling to focus. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Impatient** Impulsive or restless, unable to wait. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(M)** | **Disabled** – Minor disability, like losing a simple function temporarily. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Mild (P)** | **Stunned** – Temporarily knocked off balance, dizzy or shaken. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Limping** – Movement is impaired due to minor leg injury. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Out of Breath** Winded after exertion; may affect performance. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Winded** Temporarily knocked breathless or strained. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Bruised**  Minor physical injury; bruises that ache but don’t hinder much. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Woozy** Dizzy or lightheaded, possibly from pain or poison. |  |  |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Mild  (P)** | **Bloody Lip**  A cut or bruise on the lip, painful but manageable. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(P)** | **Fatigued** Tired but still functional. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(P)** | **Multiple Bruises**  Several painful impacts, visibly beaten up. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(P)** | **Broken Nose** – Painful but not life-threatening injury, affects appearance temporarily. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(P)** | **Internal Bleeding on a leg or arm** causing slow blood loss and pain. | A card with a shield and sword  AI-generated content may be incorrect.  **Mild**  **(P)** | **Shivved**  A quick, shallow wound that causes pain and bleeding. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Confused** Struggling to understand what's happening; disoriented. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Crisis of Confidence** Deep self-doubt undermining your actions. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Fatigued** Mental exhaustion, affecting focus and alertness. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Frightened** Overcome by fear, but not incapacitated. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Grappling** Mentally struggling to overcome a challenge. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **On the Run** Mentally exhausted, trying to escape or avoid something stressful. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Paralyzed** Mental paralysis, unable to make decisions or move forward. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Perplexed** Mentally entangled in a complex problem; unsure how to proceed. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Scorched Earth** Destroyed emotionally, but with the possibility of recovery. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Sickened** Overcome with disgust, fear, or dread that impacts mental clarity. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Terrified** Overwhelming fear inhibits rational thought and action. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (M)** | **Writers Block** Creative paralysis; completely stuck. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Crushed** Serious injury, bones or muscles damaged, but still able to function. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Lame** Leg injury causes major difficulty in moving. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Fatigued** Deep exhaustion reducing endurance or effectiveness. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Mauled** Brutally injured; painful and impairing. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Multiple Bruises** Several painful impacts, visibly beaten up. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Out of Breath** Same as mild version, but more severe or lasting. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Stabbed** Minor stab wound, bleeding can be controlled but needs attention. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Fracture** Broken bone, pain is significant, but mobility can still be managed. |  |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Shivved** A quick, deep wound that causes pain and bleeding. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (P)** | **Twisted Ankle** Painful, limits movement, balance compromised. |  |
| A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (S)** | **Minor Scandal** You've done something that causes gossip or shame. | A card with a shield and sword  AI-generated content may be incorrect.  **Moderate  (S)** | **Mortified** Deeply ashamed; possibly humiliated in public. |  |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Despondent** Apathy or hopelessness sets in; lost the will to act. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Disabled**  Major mental impairment, affecting longterm functioning. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Dying**  Extreme mental breakdown, loss of selfawareness or control. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Forlorn** Utterly alone or abandoned; emotionally broken. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Hysterical** Mentally overwhelmed and socially unmanageable; intense emotional outburst. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Paranoid** Convinced others are out to get you; trust breaks down. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Petrified** Completely frozen in fear, unable to act or respond. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Shellshocked** Overwhelmed to the point of breakdown, unable to continue functioning normally. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Terrified**  Same name as moderate, but here it’s utterly crippling. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (M)** | **Unhinged** You've lost your grip on reality; extreme instability. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (S)** | **Laughingstock** Widely mocked and ridiculed by others. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (S)** | **Sullied Reputation** Your name is tarnished; trust and respect eroded. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Bleeding to Death** Critical injury; rapidly losing health or time. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Broken Bones** Major fractures causing immense pain and dysfunction. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Exhausted**  Total physical depletion; collapse is imminent. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Hamstrung** Severely limited movement due to injury or sabotage. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Lacerated**  Deep and severe cuts, lifethreatening if untreated. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Internal Bleeding**  Major organ damage, lifethreatening if not treated immediately. |

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| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Powder Burn** Severe damage from heat or chemicals. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Shivved** Deeper or more dangerous wound causing substantial damage. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Stabbed**  Severe stab wound with immediate lifethreatening risk. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Crushed** Serious injury, bones or muscles damaged, You are totally disabled. |
| A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Decapitated or Brain crushed** Instant death. | A card with a shield and sword  AI-generated content may be incorrect.  **Severe  (P)** | **Cut in half** Instant death |