

# Stressful Experiences

<b>Alienation</b>	<b>SV</b>
Resleeving alienation/continuity loss/lack	1d6
Extensive lack	1d10/1
Encountering inexplicably lost memories	1d6
Extended isolation (per week)	1d6 + 2/half
Exsurgent virus infection	Varies (p. XX)
Unwillingly controlled via puppet sock	1d10/half
Mind-controlled	1d10 + 2/half
Forced to act opposite to Motivation	1d6

<b>Helplessness</b>	<b>SV</b>
Asphyxiation (p. XX)	1d6
Set on fire	1d6
Awareness of imminent death	1d10/1
Betrayal by a trusted friend	1d6
Cyberbrain hacked	1d6
Drugged against your will	1d6 – 1
Losing a loved one	1d6
Watching a loved one die	1d10
Being responsible for the death of a loved one	1d10 + 1/1
Suffering moderate torture	1d6 + 2/half
Suffering severe torture	1d10 + 2/half

<b>The Unknown</b>	<b>SV</b>
Encountering unusual non-sapient alien life	1d6 – 2
Encountering sapient alien life	1d10/1
Encountering highly advanced technology	1d6 – 1
Pandora gate in operation	1d6 – 2
Encountering exsurgent-infected transhumans	1d6
Encountering full exsurgents	1d10/1
Witnessing async sleights	1d6 – 2
Witnessing psi-epsilon sleights	1d10/half

<b>Violence</b>	<b>SV</b>
Encountering a gruesome corpse or murder scene	1d6 – 1
Viewing extreme violence/torture	1d6
Committing violence in self-defense	1d6 – 1
Killing in self-defense	1d6 + 1
Committing offensive violence	1d6
Murdering in cold blood	1d10/1
Harming an innocent	1d6 + 2/1
Killing an innocent	1d10 + 2/half
Experiencing death via XP	1d10
Popping a cortical stack	1d6
Remember your death	1d10/1