Character Ability Score Modification

The player can choose to take up to three +1 ability score increases. For every +1 to an ability score, the character gains a -2 they must add to one of their ability scores. A single ability score cannot be increased beyond 16 or decreased below 4 using this option; these modifications apply to the character's base stats, before any other modifiers have been applied from features like races/species or backgrounds.

While making characters, many players find that their ability scores do not quite fit their character concept and need some small adjustments. This option enables small tweaks by balancing the increased ability scores with a penalty, and it is simple enough that it can be used alongside any of the traditional methods of determining character concepts—standard array, point buy, and the standard rolling method (roll 4d6, drop the lowest).