

## Introduction

It's been a long day, a long week, a long month, a long year... maybe more accurately, a long lifetime.

In the confines of your apartment, you slowly feel your sanity melt away. Feeling compelled by something inexplicable, you walk out the front door, despite yourself. Despite the fact that in your current mental state, you could easily break, shatter into countless pieces with no hope of being glued back together.

The night outside is cool and crisp. Breathing in the air is a marginal boost to your rock bottom mood. However, you know deep within your gut that the temporary sensation of relief won't last, can't last. Nothing good ever lasts when you're feeling like this. You try not to overthink it, letting your body guide you instead of your brain.

You don't think, only walk. If you use your brain now, it won't lead you anywhere pleasant. Instead, you let mindless instinct guide you. As a result, you go farther and farther from your home, from civilization, from anything you know or recognize. Part of you wonders if you should never go back, whether it would be better to allow yourself to become lost among the unfamiliar.

Eventually, you come across an expanse of trees. The confirmation you're officially nowhere near your so-called home is reaffirmed by how this forest doesn't trigger even the faintest sense of recognition. The woods give off somewhat of a creepy, sinister vibe, but this doesn't put you off. If anything, the unsettling energy resonates with your current mentality.

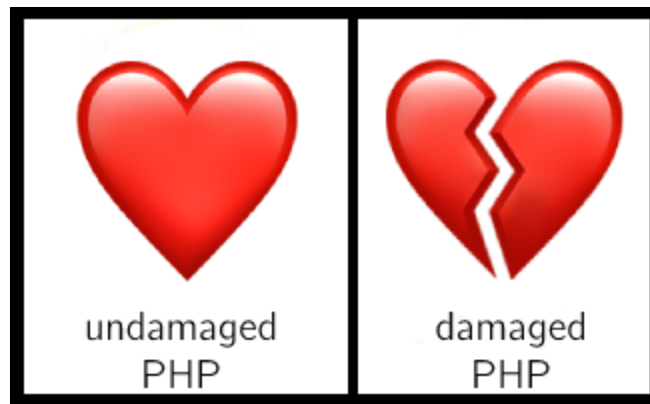
The woods are beckoning you. You're not mentally strong enough to resist the call into the void. Any concern about your own well-being has long since abandoned your brain. Anything could happen to you out here. Maybe you'll make it out of these woods alive and unharmed, maybe you won't.

At this point, you can't bring yourself to care one way or another.

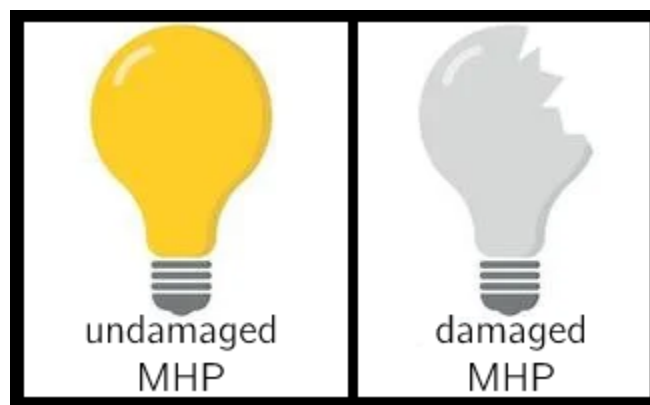
## Health Points

There are two types of health points: physical health points (**PHP**), and mental health points (**MHP**). Physical health points directly correlate to the player character's well-being: unless otherwise specified\*, the player character (**PC**) will die and the game ends when PHP reach 0. Mental health points are more indirect in their impact; while reaching 0 MHP will not kill PC on its own, situations are much more likely to be fatal in this state of mind.

- ★ You begin with **5 PHP**. Flip the cards over whenever physical health damage is taken and flip them back to front if restored.



- ★ You begin with **2 MHP**, out of 3 in total- start with one card flipped over (to the side with the broken lightbulb). Similar to PHP, flip them when mental health damage is taken and flip them back to front if restored.



\*If PC is at **0 or 1 MHP**, being at **0 PHP** will result in the game's immediate end due to PC's death. If PC is at **2 or 3 MHP**, the player must roll a die for each turn their character remains at **0 PHP**, determining whether or not they find the strength to continue fighting to stay alive:

- ★ At 2 MHP, the player must roll a **5 or 6** to stay alive
- ★ At 3 MHP, the player must roll a **3, 4, 5, or 6** to stay alive

If health points are restored in a category where health is already full (i.e. gaining a mental health point when already at 3, or a physical health point when at 5) the player may roll the die. If they roll a 4, 5, or 6, they may restore a health point in the other category instead if it is not also full.

## Difficulty Level

**Medicated:** Considered the “standard” difficulty. Although your character may still not be in an ideal mental state while medicated, this is a stabilizing factor. Your character will be less prone to overreact to bad situations or behave in irrational and impulsive ways.

**Unmedicated:** The equivalent to “hard mode” - unmedicated, your character’s experiences are much more intense and difficult to cope with. They will be more inclined to behave in dangerous ways, especially when already in a poor mental state. However, increased emotional intensity can occasionally benefit your character. Whenever MHP is gained, the player will have the choice to roll a die for the chance at an additional bonus:

- ★ Roll 6: **+2 MHP** in addition to the base bonus (i.e. +3 MHP if originally +1 MHP)
- ★ Roll 5: **+1 MHP** in addition to the base bonus
- ★ Roll 3 or 4: **No Stat Change** in MHP beyond the base bonus
- ★ Roll 2: nullifies good feelings, **No Stat Change** in MHP *including* base bonus
- ★ Roll 1: undoes and mangles all good feelings caused by event, **-1 MHP** instead

## Board Events

### Event 1: Lost in thought

You briefly stop walking, although nothing in particular is in your way. This is nothing new - overthinking is practically your greatest talent. Your mind tends to lead you to dark places, though sometimes you're lucky and are able to fixate on a thought that extracts the tiniest bit of serotonin. Either way, you're at the mercy of your own brain now, which historically doesn't tend to go well.

Roll the die to determine what happens next.

If medicated...

- ★ Roll 6: Your thoughts actually manage to remain fairly pleasant. Most of the time, you don't come out of these overthinking sessions feeling better than you started, but this is a rare exception. **+1 MHP**
- ★ Roll 5: The brain fog you're experiencing makes it somewhat difficult to focus on your thoughts. Concentrating harder on your own train of thought could prove to be positive, but there's plenty of potential for it to go wrong. **Either no stat change OR flip a coin, +1 MHP if heads and -1 MHP if tails**
- ★ Roll 4: You end up not focusing on any particular line of thought. **No stat change**
- ★ Roll 3: Your thoughts aren't particularly pleasant or scarring. However, you wind up lost in them, pacing without realizing. You end up farther back in the forest as a result. **Go backward number of spaces based on a die roll**
- ★ Roll 2: Your mind wanders to some dark places. You've been in worse mental places, especially when off your meds, but it's still difficult to cope with. **-1 MHP**
- ★ Roll 1: Not only are your thoughts particularly disturbing and morbid, but you're also too lost in your head to pay attention to anything else. You don't notice you've been clawing at your own skin, scratching so much that it rubs raw and starts drawing blood. Once you're drawn away from your thoughts, the pain suddenly kicks in. The only reprieve is that being medicated blunts the mental pain slightly. **-1 MHP and -1 PHP**

If unmedicated...

- ★ Roll 6: Your thoughts actually manage to remain fairly pleasant. Most of the time, you don't come out of these overthinking sessions feeling better than you started, but this is a rare exception. **+1 MHP**
- ★ Roll 5: The brain fog you're experiencing makes it somewhat difficult to focus on your thoughts. Concentrating harder on your own train of thought could prove to be positive, but there's plenty of potential for it to go wrong. **Either no stat change OR flip a coin, +1 MHP if heads and -1 MHP if tails**

- ★ Roll 4: Your thoughts bring out unbearable antsy anxiety from within you. Standing still is not an option - either you need to move your feet, or your hands might end up occupied in some self-destructive ways. Either way, you're gonna be doing one or the other. **Either go backward number of spaces based on a die roll OR -1 PHP**
- ★ Roll 3: Although this train of thought isn't about to derail and kill everyone on board, it's still not a pleasant ride. It's enough to put a noticeable damper on your mood. **-1 MHP**
- ★ Roll 2: Your mind wanders to some dark places, and your mood worsens considerably as a result. **-2 MHP**
- ★ Roll 1: Not only are your thoughts particularly disturbing and morbid, but you're also too lost in your head to pay attention to anything else. You don't notice you've been clawing at your own skin, scratching so much that it rubs raw and starts drawing blood. Once you're drawn away from your thoughts, the pain suddenly kicks in. **-2 MHP and -1 PHP**

## Event 2: Ominous Tree

These woods already give off somewhat of an ominous vibe, though your mental state may be influencing that perception. The random dead trees scattered among the lush green are a little creepy, but one in particular has a noose hanging from it. It would be better to walk away, to forget you ever saw it, but you can't help but linger, look at it, fixate on it... this could lead to some dark places, but you're not sure if you're strong enough to win this battle against your own psyche.

Roll the die to determine what happens next.

If medicated...

- ★ Roll 6: You rip the noose down from the branch. Once the rope is in your hands, you're not sure what to do with it. You end up playing with it, pretending to use it like a lasso. Although silly, it puts a smile on your face, to a point where you forget the morbid context of stumbling across this tree. **+1 MHP**
- ★ Roll 3-5: You walk past the tree, forcing yourself not to think too deeply about what you've seen. **No stat change**
- ★ Roll 2: You continue to walk without stopping, but you can't run away from your thoughts. Despite your best effort, they've taken a dark turn at the sight of a noose and all of its implications. **-1 MHP**
- ★ Roll 1: You stop and linger in front of the tree. Being medicated dulls some of your darker impulses, but the idea of using the noose as intended still crosses your mind. You walk away feeling shaken. **-2 MHP**

If unmedicated...

- ★ Roll 6: You rip down the noose from the branch, immediately starting to fiddle around and play with it. When you start to use it as a lasso, you laugh harder than you have in a long time - while this may not say much as someone who hasn't spared many laughs recently, it still feels good. You realize how unhinged it may look when you've gotten the urge out of your system, but no one is around to judge you for it. **+2 MHP**
- ★ Roll 5: The original reason you sit at the base of the tree has to do with your sudden exhaustion. Maybe the sight was a tiring one, but either way, you need a moment to rest. Resting your eyes leads to an accidental nap. You awake with a jolt. Although you're startled to fall asleep with your back against a tree while sitting in the woods, you wake up feeling surprisingly rejuvenated. **+1 PHP**
- ★ Roll 4: You turn around and walk the other way, not wanting to let your brain fixate on the noose. It would have made more sense to keep walking forward, but your brain has never been known for rational decisions, especially off your meds. **Go backward number of spaces based on a die roll**
- ★ Roll 3: You continue to walk without stopping, but you can't run away from your thoughts. Despite your best effort, they've taken a dark turn at the sight of a noose and all of its implications. **-1 MHP**
- ★ Roll 2: You stop and linger in front of the tree. It's merely a fluke that you resist the idea of using the noose as intended. You walk away feeling shaken. **-2 MHP**
- ★ Roll 1: The urge to self-destruct proves to be too strong. On some level you, you didn't want to leave this place alive, and an opportunity to ensure you won't practically landed in your lap. While you suffocate yourself, you briefly panic as you lose oxygen, but ultimately let yourself fade away without a fight. **GAME OVER**

### Event 3: Forest Lake

A short distance off the path you're taking, you see a decently sized lake surrounded by trees. There's gentle motion to offset the near stillness of the water, with algae on the surface and fish swimming beneath. It's deeper than you'd expect from first glance, enough that you could completely submerge yourself if you took a dip. Even if you refrain from the urge to do that much, you can't help but be briefly transfixed by this sight of nature.

Roll the die to determine what happens next.

If medicated...

- ★ Roll 6: You stop to briefly appreciate the natural beauty of the lake. You soak in the sight of the fish, the gracefulness of the still water. When you look at it in this light, the forest seems a lot less ominous, even with the dead trees. It's all a part of nature, and even if you're feeling pretty terrible, it's still a sight to behold. **+2 MHP**
- ★ Roll 5: You wrestle with an intrusive thought about drowning yourself in the lake, but you're able to stick to only sticking your hand into the water. Given your dissociated state, feeling the shock of the cool water onto your hand practically gives you a jolt. It's much needed; the only downside is that lake water isn't exactly clean, and your hand is pretty gross as a result. **+1 MHP**
- ★ Roll 3 or 4: You don't pay much mind to the lake one way or another, and continue your walk. **No stat change**
- ★ Roll 2: The intrusive thoughts about drowning yourself in the lake are a lot to deal with. You're right at the edge of the lake, about to jump in, but stop yourself before you do. You remain unharmed, though slightly worse for wear mentally. **-1 MHP**
- ★ Roll 1: In a moment of impulsivity, you jump into the lake, intending to drown yourself. Regret sinks as soon as your body hits the water. Although you climb out, your clothes are now soaked. It's deeply uncomfortable, and it's going to stay uncomfortable for a while. **-1 MHP for next 5 turns**

If unmedicated...

- ★ Roll 6: You stop to appreciate the lake and end up becoming transfixed by it. You sit down at its edge to properly appreciate the sight. You soak in the sight of the fish, the gracefulness of the still water. When you look at it in this light, the forest seems a lot less ominous, even with the dead trees. It's all a part of nature, and even if you're feeling pretty terrible, it's still a sight to behold. Not only does it put you in better spirits, you sat down long enough to feel a little less worn out. **+2 MHP and +1 PHP**
- ★ Roll 4 or 5: Although you don't stop for long, it's still enough to appreciate the natural beauty of the lake. It puts you in a slightly clearer headspace. **+1 MHP**
- ★ Roll 3: Although the intrusive thoughts about drowning yourself in the lake overpower your brain, they're not strong enough to convince you to actually jump. You come close, teetering towards the edge of the water, but ultimately continue to walk. **-1 MHP**
- ★ Roll 2: In a moment of impulsivity, you jump into the lake, intending to drown yourself. Despite your unmedicated irrationality, regret sinks as soon as your body hits the water. Although you climb out, your clothes are now soaked. It's deeply uncomfortable, and it's going to stay uncomfortable for a while. **-1 MHP for next 5 turns**
- ★ Roll 1: The urge to self-destruct proves too strong. On some level, you didn't want to leave this place alive, and letting your body decompose in this random lake in the middle of a forest feels as fitting of a way to go as any. You jump into the lake, expel all the air in your lungs so you sink to the bottom. Although there's a brief moment of existential

panic in your final moments, in the end, you find the idea of continuing to live like this scarier than dying. **GAME OVER**

#### **Event 4: Trash Pile**

In the heart of this forest, someone has shamelessly littered. Not only have they dumped a trash bag in the midst of the trees, but some of the trash also spills out of it, including a broken wine bottle. The shattered pieces look especially sharp and jagged. To someone with a healthy mind, this detail wouldn't stand out, but for someone who has overridden the natural human instinct to avoid harm by inflicting it on yourself intentionally, you can't help but linger on the sight of it.

Roll the die to determine what happens next.

If medicated...

- ★ Roll 6: You manage to work past the intrusive thoughts you have to use the glass to cut yourself. You're even able to put the spilled trash back in the bag without being a danger to yourself. Although you're not sure if you'll be able to carry the trash out of the forest and to a place to properly dispose of it, you feel slightly better for making the forest slightly less of a mess. **+1 MHP**
- ★ Roll 2-5: You walk past the pile of trash, ignoring it and pushing past the urge to do anything impulsive or harmful. **No Stat Change**
- ★ Roll 1: Although you leave no physical scars and are able to succumb the urge to harm yourself, it still leaves a mental scar. **-1 MHP**

If unmedicated...

- ★ Roll 6: Despite feeling deeply unstable, you're able to work past the intrusive thoughts you have to use the glass to cut yourself. You're even able to put the spilled trash back in the bag without being a danger to yourself. Although you're not sure if you'll be able to carry the trash out of the forest and to a place to properly dispose of it, you feel less useless on account of doing any small part to clean up. **+ 1 MHP**
- ★ Roll 3-5: You're able to control your instability for long enough to walk past without giving in to any urges to be self-destructive. **No Stat Change**
- ★ Roll 2: You're unable to completely resist your harmful urges, but stop before it goes too far. Although you cut yourself, it's only a shallow cut, enough to make you bleed but not put you in danger. **-1 MHP and -1 PHP**
- ★ Roll 1: The urge to hurt yourself is too much to resist. You don't realize how deep you're cutting until the wound gushes with blood, and by that point, it's too late to take back what you done, even if you wanted to. **-1 MHP and -3 PHP**



## Event 5: Rabid Raccoon!

You encounter a raccoon, clearly foaming at the mouth. This poor thing is in the late stage of rabies and should be given some space. An intrusive thought forms in your mind about taunting it on purpose, letting it infect and kill you. After all, in those moments when you're feeling especially unhinged, you almost feel rabid, so wouldn't it be fitting, in a poetic way? Maybe you're just losing it.

Roll the die to determine what happens next.

If medicated...

- ★ Roll 6: You give the raccoon a wide berth, and part of you feels grateful you're not doing any worse. I mean, hey, at least you're not foaming at the mouth, right? **+1 MHP**
- ★ Roll 2-5: You keep walking, trying not to think too deeply about what you've seen. **No Stat Change**
- ★ Roll 1: You can't help but feel sad at the sight of the poor raccoon, knowing that, similar to how you've felt at times, there's nothing you can do to ease its suffering. **-1 MHP**

If unmedicated...

- ★ Roll 6: For a moment, you see yourself in the twitching, foaming raccoon, but you resolve to be better, regardless. **+1 MHP**
- ★ Roll 3-5: It's hard to pretend like you aren't having intrusive thoughts, but you try to block them all out and keep walking, with moderate success. **No Stat Change**
- ★ Roll 2: You may not be foaming at the mouth, but you're not doing a whole lot better than this raccoon. When you think of how the poor thing is beyond help, it makes you feel choked up. You can't help but wonder if the same sentiment applies to you, even if you're not rabid. **-2 MHP**
- ★ Roll 1: When you're off your meds, you feel about equal to a rabid wild animal. You approach the raccoon, unable to resist your impulses anymore. In an action that's partially willful but just as much unintentional, you collapse in front of it, letting unusually aggressive critter attack you. Despite your brain no longer caring, your body's automatic reaction to the point is to scamper, causing the raccoon to scamper away. It still did considerable damage, and you wonder if you'll start foaming at the mouth soon as well. **-1 MHP and -3 PHP**

## Card Events

There are three types of event cards - physical events (relating to PHP), mental events (relating to MHP), or wildcard events (relating to something random). Card events can be unambiguously positive, unambiguously negative, or may have different outcomes depending on circumstances (i.e. whether PC is medicated, etc.) While card events are largely random, there are situations where the player is allowed some degree of choice over what they do in a situation, changing the possible outcome.



Cards marked with this symbol (indicated with a \* in the upcoming list) are to be recycled back into their respective event card after the event ends. When this occurs, the player has the option to place it directly at the bottom of the deck or to fully shuffle it back in. Cards *not* marked with this symbol (which will also not be marked with an asterisk on the list) are one-time events that should be discarded after occurring the first time.

## Physical Event Cards



Name: **Trippable Tree Root \***

Text Description: You aren't watching where you going, and end up taking a nasty fall when you trip over a tree root.

Card Art Description: zoomed in at the base of a tree stump, showing the prominent root

Effect: **-1 PHP**

Name: **Comfy Stump \***

Text Description: You encounter a tree stump that looks so comfortable, it may as well double as a chair. You sit on it for a while, and find yourself with a little more energy after taking a moment to rest.

Card Art Description: picture of the stump, looking as comfortable as a stump possibly could

Effect: **+1 PHP**

Name: **Tripping Over Yourself \***

Text Description: You start to lose your footing, feeling as if you may lose your balance.

Card Art Description: slipping hazard sign

Effect: Determined via dice roll

- ★ Roll 4-6: You manage to regain your footing without injury. **No stat change**
- ★ Roll 2 or 3: Although you avoid tripping, the only way you do this is by frantically grabbing onto the nearest low tree branch. You're able to pull yourself up, but you've gotten somewhat scraped in your effort to break the fall. **-1 PHP**
- ★ Roll 1: You not only trip, but land in about the worst possible way. It hurts so much that you find it difficult to stand again. It's bad enough to briefly have you flirt with the idea of never standing up again and letting the earth reclaim you, but you eventually are able to walk again, albeit with a limp. **-2 PHP**

Name: **Protruding Tree Branch**

Text Description: You absentmindedly walk along the forest path - although it's mostly clear, right up ahead is a tree branch sticking out. If you aren't careful, you'll walk right into it, and it might scrape you up.

Card Art Description: somewhat zoomed out picture showing the branch getting away of the path up ahead

Effect: Determined via dice roll and whether or not PC is medicated

If medicated...

- ★ Roll 3-6: You notice the tree branch at the last second and successfully dodge it, ducking out of the way. **No stat change**
- ★ Roll 1 or 2: You get whacked in the forehead by the tree branch, and can feel your head throbbing after. **-1 PHP**

If unmedicated...

- ★ Roll 4-6: Despite being in a strange mental state from your lack of medication, you're aware enough of your surroundings to notice the tree branch at the last second. You successfully dodge it, ducking out of the way. **No stat change**
- ★ Roll 2 or 3: You get whacked in the forehead by the tree branch, and can feel your head throbbing after. **-1 PHP**
- ★ Roll 1: Not only do you run into the tree branch, on some subconscious level, it wasn't an accident. You ram into it extra hard, to a point where it almost makes you dizzy. You're not sure how willful the action was, but either way, you regret it. **-2 PHP**

Name: **Narrow River Crossing**

Text Description: You come across a river that's narrow enough to conceivably cross, but not narrow enough to easily step over. If you're in good enough physical condition, you might be

able to jump, though you're not confident in your ability to stick the landing. On the other hand, you could walk through the river yourself, but in that case, you'd get your feet wet, though even that sounds better than the possibilities of stepping into a river barefoot.

Card Art Description: picture of the river - fairly narrow, but no rocks to step on to get across, and not narrow enough to step across

Effect: If PC walks through river, **-1 MHP for next 3 turns, unless...**

- ★ If PC submerged self in lake during **Forest Lake** board event or is in the middle/aftermath of the **Rain!** Wildcard Event Card and is still soaked, this action can be taken with no penalty
- ★ If PC's shoes are already wet from **Inconvenient Puddle** Wildcard Card Event, no additional MHP penalty, but turn counter is reset back to 3

If PC chooses to jump (*can only be done if PHP is 3 or higher*), outcome determined via die roll:

- ★ Roll 4-6: You jump across the river without issue. **No stat change**
- ★ Roll 2 or 3: You successfully jump across, but your landing is a little rough. You get a little banged up, but it could be worse. **-1 PHP**
- ★ Roll 1: Saying you jumped across "successfully" feels like a stretch. While you may have avoided getting wet, you injured yourself badly enough that it may have been the better option. **-2 PHP**

## Mental Event Cards



Name: **Inexplicable Dread \***

Text Description: You're used to experiencing dread and anxiety for no reason, but being used to it doesn't make it any less unfortunate to deal with.

Card Art Description: a discordant scribbly line

Effect: **-1 MHP**

Name: **Cute Fawn**

Text Description: You see an adorable baby deer, taking a nap with its mother. The sight brings a bit of light to your cold, dark soul.

Card Art Description: a fawn and mother deer napping together in the grass

Effect: **+1 MHP**

Name: **Power of Friendship**

Text Description: Your mind wanders, but not its usual doom and gloom. This time, you think of your friends. It makes you feel warm inside.

Card Art Description: a black heart surrounded by other hearts of different colors

Effect: **+1 MHP**

Name: **Dissociation \***

Text Description: You start to space out so hard that it feels like you're not in your body anymore. In the absence of feeling any sense of connection to yourself, it makes you feel numb.

Card Art Description: a stick figure with another translucent stick figure close to it but slightly detached from it

Effect: **-1 MHP if currently at 2 or 3, no effect if at 1, +1 MHP if at 0**

Name: **Panic Attack**

Text Description:

Card Art Description:

Effect: Determined via dice roll and whether or not PC is medicated

If medicated...

Roll 5 or 6: You successfully work through the panic attack before it gets especially bad. You can't help but feel proud of yourself. **+1 MHP**

Roll 3 or 4: You've had worse panic attacks, but no panic ideal is ideal. **-1 MHP**

Roll 1 or 2: The panic is so bad, it nearly debilitates you. **-2 MHP**

If unmedicated...

Roll 6: It wasn't easy, given your unmedicated state, but you work through the panic attack. You try to give yourself from props for that. **+1 MHP**

Roll 4 or 5: You've had worse panic attacks, but no panic ideal is ideal. **-1 MHP**

Roll 1-3: Borderline debilitating panic attacks are common when you're not properly medicated, but it's something that doesn't get any easier with practice. **-2 MHP**

## Wildcard Event Cards



Name: Found Berries! \*

Text Description: Not only have you come across some berries, but they also look delicious. It's up to you whether you choose to eat them. Forest berries have the potential to be a refreshing treat, but they also may be dangerous.

Card Art Description: a handful of berries

Effect: None if berries are not eaten. If eaten, determine effect with a dice roll.

- ★ Roll 6: The berries are so good that you feel better both in body and soul. You're self-aware enough to know it's an overreaction when relating to a handful of berries you found in the woods, but you soak up the moment anyway. **+1 PHP and +1 MHP**
- ★ Roll 5: The berries are pretty good, and you feel a little better having eaten them. **+1 PHP**
- ★ Roll 4: The berries aren't great, but they aren't terrible. Although they weren't as delicious as you had hoped, at least you avoided anything rancid or poison. **No stat change**
- ★ Roll 3: The berries taste okay, but something about them doesn't agree with you. Traversing through the forest becomes more difficult, thanks to your nausea. **-1 PHP**
- ★ Roll 2: The berries are disgusting, and you immediately spit them out. Unfortunately, you can't wash the bitter taste out of your mouth. **-1 MHP**
- ★ Roll 1: You didn't realize until it was too late, but there was something seriously wrong with those berries. You feel violently sick as a result of eating them, leaving you to wonder if they were poison. **-2 PHP**

Name: Smooth Yet Sharp Rock \*

Text Description: Your eyes are drawn towards the ground, and you pick it up. Its surface is entrancingly smooth, yet its edges are jagged enough to hurt. You won't be hurt as long as you stay careful, but it's a question of whether you wanted.

Card Art Description: a smooth rock (represented by slight sheen) with jagged edges

Effect: Determined via dice roll and whether or not PC is medicated

If medicated...

- ★ Roll 6: You manage to handle the rock without hurting yourself. Touching its smooth surface is surprisingly satisfying. **+1 MHP**
- ★ Roll 2-5: You put down the rock without doing anything in particular. **No stat change**
- ★ Roll 1: The sharp edge ends up tempting you too much to resist. You're able to stop before doing too much damage, but enough to hurt. **-1 PHP**

If unmedicated...

- ★ Roll 6: You manage to handle the rock without hurting yourself. Touching its smooth surface is surprisingly satisfying. **+1 MHP**
- ★ Roll 3-5: You put down the rock without doing anything in particular. **No stat change**
- ★ Roll 2: The sharp edge ends up tempting you too much to resist. You're able to stop before doing too much damage, but enough to hurt. **-1 PHP**
- ★ Roll 1: Not only are you unable to resist the temptation of using the rock's sharp edge to hurt yourself, in your unmedicated frenzy, you also don't hold back. For a random rock you picked up in the forest, it does a lot of damage. **-2 PHP**

Name: Rain!

Text Description: A sudden drizzle starts in the forest. It's enough to soak through your clothes, leaving you feeling uncomfortable and out of sorts.

Card Art Description: a stormy rain cloud

Effect: Roll dice to determine how many turns the rain lasts (with number of turns corresponding to the number rolled). For each turn of rain, plus three additional turns where the PC's clothes dry off, **-1 MHP**. This also means there's no additional MHP loss in situations that results in PC becoming soaked.

Name: Wild Bear!

Text Description: You encounter a wild bear! Although it's a scary situation to find yourself in, you'll probably be fine as long as you don't bother it.

Card Art Description: a grizzly bear

Effect: Determined via dice roll and whether or not PC is medicated

If medicated...

Roll 5 or 6: You sneak away from the bear undetected, which gives you a possibly undeserved wave of adrenaline. **+1 MHP**

Roll 3 or 4: You sneak away from the bear undetected. You're so dissociated when it happens that the possible danger you could have been in doesn't even register. **No stat change**

Roll 1 or 2: You sneak away from the bear undetected, but even when the beast is out of sight, your dread doesn't go away. **-1 MHP**

If unmedicated...

Roll 6: Not only do you sneak away from the bear undetected, but the experience also gives you a completely undeserved adrenaline rush, more appropriate for if you had fought the creature with your bare (no pun intended) hands. **+2 MHP**

Roll 5: You sneak away from the bear undetected, which gives you a possibly undeserved wave of adrenaline. **+1 MHP**

Roll 4: You sneak away from the bear undetected. You're so dissociated when it happens that the possible danger you could have been in doesn't even register. **No stat change**

Roll 3: You sneak away from the bear undetected, but even when the beast is out of sight, your dread doesn't go away. **-1 MHP**

Roll 2: You sneak away from the bear undetected, though you nearly give yourself away with your brewing panic attack. It doesn't matter how much distance you put yourself between you and this wild animal, you can't seem to shake the fear. **-2 MHP**

Roll 1: An intrusive thought misfires in your brain, and you follow through on it before giving it any time to sit and process. If you had let the thought settle for more than a second, you wouldn't have taunted the bear. By the time you realize what a mistake you make, it's too late. While the bear probably could have done worse damage if it wanted to before seeming to give up on you out of of boredom, it's still serious damage. **-3 PHP**

Name: Inconvenient Puddle

Text Description: You're not looking where you going, and you stumble directly into a puddle. Keeping your shoes on would be a mild yet unignorable discomfort until they dry, but continuing the walk barefoot while you wait could be risky depending on where you step.

Card Art Description: a muddy puddle in the forest

Effect: If PC takes shoes off, **roll a separate die at the start of the next 3 turns, -1 PHP for each 1 or 2 rolled** and if PC keeps shoes on, **-1 MHP for next 3 turns, unless...**

- ★ If PC is already soaked from **Forest Lake** board event or **Rain!** Wildcard Event Card, shoes can be kept on with no additional MHP penalty
- ★ If PC's shoes are already wet from **Narrow River Crossing** Physical Event Card, no additional MHP penalty, but turn counter is reset back to 3



## **Ending Types**

The game is finished when the player proceeds past the last (19th) space on the board. However, the specific ending depends on the condition of PC when finishing the game. If the PC cut themselves on the broken glass during the Trash Pile board event, AKA event 4, or allowed themselves to be attacked by the rabid raccoon in the “Rabid Raccoon!” board event, AKA event 5, these trigger special endings. Otherwise, the ending is determined by a combination of PHP and MHP.

### **Special Condition Endings**

#### **If unmedicated PC cut themselves deeply with broken glass during Board Event 4...**

Although you’ve technically made it out of the woods alive, you’re bleeding out faster than your body is able to handle.

You feel dizzy with each step, making it a challenge to walk. If you had the mental fortitude, you might have a chance at finding help, but help isn’t your priority in a mental state low enough to drag a piece of broken glass across your skin. Maybe this whole walk, including cutting yourself, was one giant mistake, but it’s too late to take any of it back. Your only option now is to accept the fate of your likely demise, still far away from anyone who can help you even if you technically made it out of the woods.

#### **If unmedicated PC was attacked by the rabid raccoon during Board Event 5...**

Although you’ve technically made it out of the woods alive, that doesn’t mean much when you let yourself be attacked by a rabid animal.

You realize now that every part of tonight, especially approaching the raccoon, was one giant mistake, but unfortunately, you have this moment of clarity too late. Beyond being scratched up, your head throbs and you feel woozy. Are you rabid yet? Even if you could make it back to civilization, are you beyond help? You have no idea of knowing, and no option anymore except to embrace your uncertain doom.

**If neither factor applies, determine ending using your PHP combined with your MHP.**

### **0 PHP Endings**

### **If PC survived on adrenaline and made it out of the forest with 0 PHP and 2 MHP...**

You've technically made it out of the woods, but you're barely alive.

Adrenaline is all that keeps you tethered to this mortal plane, and even that's fading fast. Even if your brain is providing a desperately needed energy rush to your body to keep you going, it probably won't be enough to get you to help. You don't know how to feel about the fact that you'll likely perish tonight, but nobody can say you didn't die trying.

### **If PC survived on adrenaline and made it out of the forest with 0 PHP and 3 MHP...**

You made it out of the woods despite the fact that you're actively in the process of physically falling apart.

While your body is starting to quit on you, your mind is working overtime to keep you alive. It might not make sense how you can be so badly harmed while simultaneously in a better mental state than most times you've been completely unharmed, but the adrenaline is carrying you forward. If you manage to find the help you desperately need to avoid dying, it'll be your sheer will to live, despite everything, that saved you.

## **1 PHP Endings**

### **If PC made it out of the forest with 1 PHP and 0 MHP...**

You made it out of the woods badly harmed, although not on the verge of death. However, your mental state is so poor that you wish everything you endured was enough to kill you.

The saying "what doesn't kill you makes you stronger" couldn't ring more false for you; what didn't kill you put you through grievous injuries that will make it difficult to continue. Walking home in this mental state technically wouldn't be impossible, but you're in no mindset for it. In that sense, although your injuries weren't enough to kill you on their own, the injuries to your psyche were what made them fatal.

### **If PC made it out of the forest with 1 PHP and 1 MHP...**

When you made it out of the woods, both your body and mind were barely holding on.

You've been through a lot tonight, although not enough to completely destroy you. Limping your way home after being run ragged both physically and emotionally will be easier said than done.

You lack the energy to do anything other than sitting on the mossy grass. You might continue to move along eventually, but for now, you're spent, in every sense of the word.

### **If PC made it out of the forest with 1 PHP and 2 MHP...**

Although you're physically in rough condition when you made it out of the woods, your mind ended up not much worse for wear.

You're in a decent enough mental state to be okay with the idea of making your way home. However, it's not enough to override the physical agony you're in. You may start your journey back soon, but for now, you need time for a quick breather. You're not sure what lies ahead- not in the short-term or long-term- but realize now isn't the time to fuss about it.

### **If PC made it out of the forest with 1 PHP and 3 MHP...**

You may have been barely holding on physically when you made it out of the woods, but you're in a surprisingly solid mental state.

## **2 PHP Endings**

### **If PC made it out of the forest with 2 PHP and 0 MHP...**

When you made it out of the woods, not only are you significantly injured, your psyche feels damaged beyond repair.

### **If PC made it out of the forest with 2 PHP and 1 MHP...**

By the time you made it out of the woods, your body and mind have both taken significant damage.

### **If PC made it out of the forest with 2 PHP and 2 MHP...**

When you made it out of the woods, your body has taken significant damage, while your brain wound up no more damaged than it was to start.

It will take time to recover from the injuries you've sustained, but you're too exhausted to fuss over that fact. Finding your way home in your current condition will be difficult, though not necessarily impossible. You may need to take a breather before you start to head back, but you do plan to go eventually.

### **If PC made it out of the forest with 2 PHP and 3 MHP...**

Despite the significant injuries you've sustained by the time you made it out of the woods, your mind is doing surprisingly well.

### **3 PHP Endings**

#### **If PC made it out of the forest with 3 PHP and 0 MHP...**

When you made it out of the woods, your body was hurt, but it could be in worse condition. On the flip side, it's difficult to offhandedly think of a time your mental state was worse.

#### **If PC made it out of the forest with 3 PHP and 1 MHP...**

You've been noticeably hurt by the time you made it out of the woods, both physically and mentally.

#### **If PC made it out of the forest with 3 PHP and 2 MHP...**

By the time you made it out of the woods, both your body and mind are noticeably damaged, though the latter was already like that to start.

#### **If PC made it out of the forest with 3 PHP and 3 MHP...**

You've taken some noticeable damage by the time you made it out of the woods, but you're in a solid enough mental state to know it could be worse.

### **4 PHP Endings**

#### **If PC made it out of the forest with 4 PHP and 0 MHP...**

You made it out of the woods with your body mostly unharmed, but your mind wasn't so lucky.

#### **If PC made it out of the forest with 4 PHP and 1 MHP...**

By the time you made it out of the woods, both your body and your mind have taken some damage, though the latter is far more fragile.

**If PC made it out of the forest with 4 PHP and 2 MHP...**

Very little changed about your condition by the time you made it out of the woods.

**If PC made it out of the forest with 4 PHP and 3 MHP...**

You're a combination of slightly worse off physically and better off mentally when you made it out of the woods.

**5 PHP Endings**

**If PC made it out of the forest with 5 PHP and 0 MHP...**

You made it out of the woods with your body unharmed, but your shattered psyche is a different story.

There's no triumph in being physically unscathed when your mental state is at rock bottom. If anything, a masochistic part of you wishes your body was as beaten up as your spirit, at least for the sake of consistency. Nothing is stopping you from finding your way home except for your own mind, in the end, and that may prove to be enough of a roadblock.

**If PC made it out of the forest with 5 PHP and 1 MHP...**

You made it out of the woods with an unharmed body and a bruised psyche.

**If PC made it out of the forest with 5 PHP and 2 MHP...**

Technically speaking, you leave the woods no worse for wear than how you entered them.

It doesn't ring true to say it was a completely uneventful walk, but it could have turned out a lot worse. You may be anxious and uncertain about what your future holds, but for now, you're more focused on finding your way home and getting some well-needed rest.

**If PC made it out of the forest with 5 PHP and 3 MHP...**

Despite starting your walk through the woods in a questionable mental state, you leave feeling better than before.

Not only have you made it through the woods physically and mentally unscathed, but you're also grateful to be alive. Whatever was bothering you when you started the night doesn't seem so impossible to cope with anymore. Although you'll still face challenges in the future, you gaze to the moon, no longer obstructed by trees, and feel slightly more equipped to handle them. When you find your way home, you have your head held higher than before.