5E Monster Creation

This document contains the information you need to create a D&D monster.

# Preparation

Before you design a monster, follow these steps:

* Read or refamiliarize yourself with the “Statistics” section of the *Monster Manual* (page 6–11). If you’re designing a legendary creature, also read the “Legendary Creatures” section (page 11). Those sections contain rules that you are expected to know.
* Read this entire document. You are required to follow the guidelines within it.
* Familiarize or refamiliarize yourself with the monsters in the *Monster Manual* and *Monsters of the Multiverse*. Ensure that you’re not designing a monster that already exists, and draw inspiration from the monsters in our books.
* Read or refamiliarize yourself with the game’s rules in the *Player’s Handbook*. You especially need to know the combat and spellcasting rules when designing a monster, page 189–198 and 201–205.
* Your writing must conform to the D&D House Style Guide, and you are expected to be familiar with that entire document.

# Monster Template

Use the template below when creating a monster in Word. This template includes the Word styles you should use for the monster’s expository text and accompanying stat block.

If you need help using Word styles, Google can direct you to guidance.

# Monster Name

Here you write the text describing the monster’s appearance and main behavior. If the monster’s origin is significant, describe it too. If the story you tell is specific to a world, make sure you identify that world. Remember, the default setting of D&D is the multiverse, not the Forgotten Realms.

Unlike the *Monster Manual*, do not riddle this description with decorative inline subheads. Headings should be structural and follow a normal heading hierarchy (Heading 1 leads to Heading 2 and so on).

In the heading above (“Monster Name”), the monster’s name is singular, unless the subhead introduces a group of monsters. For example, if it’s a single gnoll, the heading is “Gnoll.” If the heading introduces more than one gnoll, it’s “Gnolls.”

If the heading introduces multiple monsters, each of those monsters should get a Heading 2 introducing its expository text.

Stat Block Title

Stat Block Metadata [This line is now capitalized.]

Armor Class

Hit Points

Speed

**STR** **DEX** **CON** **INT** **WIS** **CHA**

X (+−X) X (+−X) X (+−X) X (+−X) X (+−X) X (+−X)

Saving Throws [cut if the creature lacks this]

Skills [cut if the creature lacks this]

Damage Resistances [cut if the creature lacks this]

Damage Immunities [cut if the creature lacks this]

Condition Immunities [cut if the creature lacks this]

Senses passive Perception X

Languages [put an em dash here if there are none]

Challenge X (Y XP) Proficiency Bonus +X

Trait Name. [cut if the creature lacks this]

Trait Option Name. [cut if the creature lacks traits with options]

Actions

Action Name. Stat Block Body style; Inline Subhead for name. Describe what the action does here.

* Stat Block Bulleted. This is the style for a bulleted list in a stat block.

Stat Block Hanging. Use this style for things like spell lists. The names of options inside an action and legendary action options should use the Bold Sans Serif character style.

Bonus Actions

Bonus actions go in this section. Cut this section if there are no bonus actions.

Reactions

Reactions go in this section. Cut this section if there are no reactions.

# Stat Block Reminders

Averages for Dice

When calculating the average roll for a die, use the correct average.

|  |  |
| --- | --- |
| **Die** | **Average** |
| d4 | 2.5 |
| d6 | 3.5 |
| d8 | 4.5 |
| d10 | 5.5 |
| d12 | 6.5 |
| d20 | 10.5 |

Round Down

Round down if a calculation results in a fraction, even if the fraction is 1/2 or greater.

Determining the Proficiency Bonus

If you need to know a creature’s proficiency bonus, consult the Proficiency Bonus by Challenge Rating table.

Proficiency Bonus by Challenge Rating

|  |  |
| --- | --- |
| Challenge Rating | Proficiency Bonus |
| Up to 4 | +2 |
| 5–8 | +3 |
| 9–12 | +4 |
| 13–16 | +5 |
| 17–20 | +6 |
| 21–24 | +7 |
| 25–28 | +8 |
| 29–30 | +9 |

Strength and Dexterity Saving Throws

Use Strength saving throws only for effects that require active physical resistance, not effects that require resilience, which is represented by Constitution.  
 Also, you automatically fail a Strength or Dexterity saving throw if you’re paralyzed, petrified, stunned, or unconscious, so never create an effect that imposes one of those conditions and then allows saving throws against it.

Reach

Avoid referring to a monster’s reach in an ability that has nothing to do with melee attacks or touch. Give the ability a range. Doing so reduces the amount of cross-referencing the DM has to do.

## Deprecated Design

The following elements from past books have been deprecated. These elements remain functional, but please design alternatives in new stat blocks:

Brute. Don’t use the Brute trait. If you want a creature to deal more damage with a weapon attack, you have other options: increasing Strength or Dexterity, adding one or more attacks to Multiattack, adding extra damage of a certain type, or adding virtual damage through conditions.

Constructed/Undead/Etc. Nature. Prior to **AVALANCHE** and **PICARD**, many undead, constructs, and other creatures with an unusual, or nonexistent, metabolism had a special trait that lived outside the stat block: Undead Nature, Constructed Nature, and the like. We are now putting such traits in the stat block and calling the trait Unusual Nature. The content of this trait can vary from monster to monster, but the name should remain the same.

Embedded Spells. We have experimented with writing out spells in stat blocks. Don’t do it. Create an ad hoc ability instead.

False Appearance. Use the following trait format instead (details might need to change depending on the creature’s specifics):

False Appearance. If the swarm is motionless at the start of combat, it has advantage on its initiative roll. Moreover, if a creature hasn’t observed the swarm move or act, that creature must succeed on a DC 18 Intelligence (Investigation) check to discern that the swarm is animate.

Keen Senses. Instead of the Keen Senses trait, give the creature a Perception skill modifier that includes either its proficiency bonus or double its proficiency bonus (expertise).

Magic Weapons. Don’t use the Magic Weapons trait. Use damage types—such as fire, force, necrotic, and radiant—to make attacks feel magical.

Multiple Similar Actions. Don’t include multiple actions that essentially do the same thing. The *Monster Manual* contains some creatures that have two or more melee attacks that are experientially identical, aside from different damage types. For an example, look at the vrock’s Beak and Talons. In the future, a special effect will be added to one of those actions, or they will be combined into a single Rend action. The point is that each action should have something experientially distinctive about it.

Relentless. Instead of using Relentless, give the monster more hit points or a feature like Undead Fortitude.

Shapechanger. The shapechanger tag should no longer be used.

Sneak Attack. Rather than using Sneak Attack, build the extra damage into the monster’s weapon attacks, or give the monster a special action that feels like a sneaky attack.

Spellcasting / Innate Spellcasting. Instead of presenting Spellcasting or Innate Spellcasting as a trait, present it as an action, and build Spellcasting like Innate Spellcasting (no spell slots, and lean on uses per day). See “Spellcasting Action” later in this doc for more guidance.

Spellcasting that Mimics Pact Magic. If you want a creature to have something akin to warlock Pact Magic, give it traits reminiscent of Eldritch Invocations.

## Things to Verify

Story, Art, and Rules in Sync

Ensure that the monster’s expository text and art are in sync with the stat block. Capabilities mentioned in the expository text should appear in the stat block, and key equipment in the art should be represented in the stat block.

Stat Block Format

Verify that the stat block is complete and that its elements are in the proper locations. Compare it to stat blocks in the *Monster Manual*. There is also a sample stat block later in this document.

Metadata Line

Ensure the metadata line—the italicized line under the stat block’s title—is capitalized. This is a change in style from the 2014 *Monster Manual*.

Tags

A tag in the metadata line is used to identify something crucial about a monster that doesn’t otherwise appear in the stat block. For example, if the monster has “elf” in its name, it doesn’t need an Elf tag, but if it’s an elf and “elf” doesn’t appear in its name, it needs the Elf tag.  
 Here’s a list of approved tags (check with the principal rules designer before adding other tags to a book):

Bard

Chromatic [the dragons]

Cleric

Demon

Devil

Dinosaur

Druid

Dwarf

Elf

Gem [the dragons]

Gith

Gnoll

Goblinoid

Metallic [the dragons]

Mind Flayer

Paladin

Ranger

Sorcerer

Titan

Warlock

Wizard

Yugoloth

Monster Type

The monster must have one of the following types. See the Monster Manual for their descriptions.

Aberration

Beast [remember that anything put in this category is available to Wild Shape, *polymorph*, and similar effects if the creature’s CR is low enough]

Celestial

Construct

Dragon

Elemental

Fey

Fiend [usually takes a tag in parentheses: demon, devil, or yugoloth]

Giant

Humanoid

Monstrosity

Ooze

Plant

Undead

Alignment

In the metadata line, every stat block must have something specified in the alignment section, which goes at the end of the line after a comma. The following table shows the options for what to put in that section, where a vertical bar separates options.

|  |  |
| --- | --- |
| Creature | Alignment Options |
| Named individual (any creature type) | [Alignment] | Unaligned |
| Member of named organization (any creature type) | Any Alignment | Typically [Alignment] |
| Generic Humanoid | Any Alignment |
| All other creature types | Any Alignment | Typically [Alignment] | Unaligned |

Here are notes on the table:

**[Alignment].** In the table, “[Alignment]” stands for one of the nine alignments. Choose the one that is most appropriate. Only a named individual gets one of the nine alignments without the word “Typically” before it.

**Any Alignment.** This option, “Any Alignment,” is used for generic Humanoids and any other generic creature that has humanlike behavior and no typical alignment.

**Typically [Alignment].**This option is used for fantastical creatures—such as angels, demons, devils, metallic dragons, chromatic dragons, Fey, and trolls—that have typical alignments in the game and in fantasy more broadly. This option is also appropriate for a member of a named organization that has a strong alignment association, such as a demonic cult (the cult of Lolth) or a benevolent knighthood (the Holy Order of Peace).

**Unaligned.** Non-sapient creatures are unaligned. Beasts, Constructs, and Oozes are usually unaligned.

Alignment and Attitude in Encounters

When an encounter uses a creature that has “Any Alignment” in its stat block, or when the creature’s alignment differs from its typical alignment (as noted in its stat block), the encounter should specify the creature’s alignment in parentheses when the creature is first introduced. An encounter should also specify a creature’s attitude (hostile, indifferent, or friendly) toward the characters and the circumstances (if any) under which that attitude might change. A creature’s attitude toward the characters can change in the course of an encounter, but its alignment likely won’t.

Here are a few examples that present alignment and attitude correctly:

* Murpheo is a human **archmage** (chaotic good). He greets the characters warmly, but bad behavior on the characters’ part can change his otherwise friendly attitude toward them.
* Murpheo (chaotic good human **archmage**) greets the characters warmly, but bad behavior on the characters’ part can change his otherwise friendly attitude toward them.
* Two **thugs**—a shield dwarf named Rux (lawful evil) and a human named Ruvin (neutral)—stand guard outside the door. They are indifferent toward most strangers and hostile toward those who try to slip past them without first saying the secret password: scone. A character who approaches the thugs in a nonthreatening manner and offers each of them a bribe (at least 5 gp worth of treasure per thug) is allowed to pass through the door without speaking the secret password. If a character tells a funny joke to win over the thugs, the thugs’ attitude toward that character improves by one step (hostile to indifferent, or indifferent to friendly). A character can convince a friendly thug to divulge the secret password with a successful DC 10 Charisma (Persuasion) check.
* Two **thugs** stand guard outside the door. Their names are Rux (lawful evil shield dwarf) and Ruvin (neutral human). They are indifferent toward most strangers and hostile toward those who try to slip past them without first saying the secret password: scone. A character who approaches the thugs in a nonthreatening manner and offers each of them a bribe (at least 5 gp worth of treasure per thug) is allowed to pass through the door without speaking the secret password. If a character tells a funny joke to win over the thugs, the thugs’ attitude toward that character improves by one step (hostile to indifferent, or indifferent to friendly). A character can convince a friendly thug to divulge the secret password with a successful DC 10 Charisma (Persuasion) check.
* At the end of the hall, a hungry **troll** is trying to scratch its way through a locked door. If attacked or otherwise interrupted, it turns and fights. *[If no alignment is specified, the DM can safely assume that the troll is chaotic evil, which is the typical alignment of trolls. There’s no need to use the words “friendly,” “indifferent,” or “hostile” here, since the text already makes the creature’s attitude clear.]*
* Nyskatelion and Savarindar are a mated pair of **adult brass dragons** (chaotic evil). Prolonged contact with the demon-possessed book in their treasure trove has turned these once-friendly dragons into cruel, hateful monsters that are hostile toward all visitors. *[Chaotic evil is not the typical alignment of brass dragons, which is why it’s called out here.]*

Armor Class

Ensure that the AC is at least 10 + the Dexterity modifier. If the total is greater, a parenthesis needs to name the source of the extra AC: natural armor, a type of wearable armor, a shield, or something else.

If the creature is wearing armor, ensure that the AC is correct for that armor. Consult the Armor table in the *Player’s Handbook* (p. 145).

Hit Points and Hit Dice

* Ensure that the average hit points are correct.
* Verify that the Hit Die is correct for the creature’s size.
* Verify that the modifier after the Hit Die = the number of Hit Dice × the Constitution modifier.

Hit Dice by Size

|  |  |
| --- | --- |
| **Size** | **Hit Die** |
| Tiny | d4 |
| Small | d6 |
| Medium | d8 |
| Large | d10 |
| Huge | d12 |
| Gargantuan | d20 |

Ability Modifiers

Ability modifier = (ability score – 10) ÷ 2

Skill Bonuses

Skill bonus = ability modifier + proficiency bonus

Skills

|  |  |
| --- | --- |
| **Skill** | **Ability Mod.** |
| Acrobatics | Dex. |
| Animal Handling | Wis. |
| Arcana | Int. |
| Athletics | Str. |
| Deception | Cha. |
| History | Int. |
| Insight | Wis. |
| Intimidation | Cha. |
| Investigation | Int. |
| Medicine | Wis. |
| Nature | Int. |
| Perception | Wis. |
| Performance | Cha. |
| Persuasion | Cha. |
| Religion | Int. |
| Sleight of Hand | Dex. |
| Stealth | Dex. |
| Survival | Wis. |

Saving Throw Bonuses

Saving throw bonus = ability modifier + proficiency bonus

Passive Perception

Passive Perception = 10 + Wisdom modifier

If the creature is proficient in Perception, the score = 10 + Perception bonus.

CR and XP

Using the challenge rating calculator, ensure that the CR is correct. When filling out the damage section of the calculator, assume that the creature uses its most damaging option each round. When choosing the most damaging option, remember that conditions have damage equivalents, which are in the calculator.

The calculator will tell you how much XP the CR is worth. Ensure that the CR and the XP in the stat block match.

“Challenge Rating” vs. “Challenge”

In a stat block, we use “Challenge” instead of “Challenge Rating.” In running text, we say “challenge rating,” not “Challenge.”

Proficiency Bonus

This new stat block element appears on the same line as a creature’s “Challenge” information, separated from it by a tab:

Challenge 1 (200 XP) Proficiency Bonus +2

To determine a creature’s proficiency bonus, see the Proficiency Bonus by Challenge Rating table earlier in this document.

Verify that the same proficiency bonus is used throughout the stat block. Sometimes, because of revisions, different proficiency bonuses erroneously and unintentionally appear in different parts of a stat block. Don’t let that happen. A creature has one proficiency bonus.

Alphabetize

A monster’s traits, actions, bonus actions, reactions, and legendary actions should be alphabetized in each of the relevant sections of the stat block. We do make exceptions to this rule:

* If a monster has the Multiattack action, that action appears at the top of the “Actions” section. Make sure that the attacks mentioned in Multiattack appear in the stat block in the same order in which they’re mentioned. Those attacks go right under Multiattack, followed by any other actions the monster might have.
* A monster’s melee attacks appear before its other actions.
* If you must read one entry in the stat block before understanding another, put that entry first in its section of the stat block. Alphabetize everything in the section after it. For example, a typical shapechanger presents its Shapechanger trait first because other traits and actions in the stat block might refer to it.
* Legendary actions are organized first by cost. Then they’re alphabetized within each cost.

Headings

Here is the heading hierarchy for traits and actions—don’t skip levels and format the period, too:

Stat Block Heading (use this for section names)

Inline Subhead. Text.

Bold Sans Serif. Text.

Italic Sans Serif. Text.

Actions and Traits with Options

When an action or trait allows multiple options, name each option. If the creature acts on instincts or impulse rather than using intentional tactics (e.g., clockwork iron cobra vs. boggle; both appear in Monsters of the Multiverse), instruct DMs to roll on the appropriate die to see what the creature does and include a number or number range in each option’s heading. Format as follows:

Ability Name. Text …:

Option Name. Text …

Another Option Name. Text …

Ability Name. Text …:

1–2: Option Name. Text …

3–4: Another Option Name. Text …

Magic Items

If the creature has magic items, verify that they appear in the creature’s traits, actions, or both. We often list such items in a trait called Special Equipment.

If a creature has magic items that modify its AC, saving throws, attack bonuses, and the like, ensure that they are properly accounted for in the stat block.

Stat Block Action Limit

The initial design of a stat block must not contain more than six combat-relevant action options. This number includes the Spellcasting action if it includes combat-relevant spells. In development, we’re likely to cut the number down below six, but the cutting shouldn’t start with a number higher than six.

Bonus Actions and Reactions

Monsters should rarely have bonus actions and should have few, if any, reactions. Keeping such abilities rare helps keep things straightforward for DMs.

Bonus actions go in an optional “Bonus Actions” section, which goes after the “Actions” section but before an optional “Reactions” section.

Melee Attack

The creature should have at least one melee attack that targets one creature. Opportunity attacks and other effects rely on creatures having such an attack. The pixie is a rare, intentional exception; other exceptions should be just as rare.

Attack Bonuses

Melee weapon attack bonus = Strength modifier + proficiency bonus (some creatures use Dexterity instead)

Ranged weapon attack bonus = Dexterity modifier + proficiency bonus

Spell attack bonus = spellcasting ability modifier (Int., Wis., or Cha.) + proficiency bonus

“One Target” vs. “One Creature”

The attack notation for a monster’s attack should say “one target,” rather than “one creature,” unless it can be used only against creatures

Weapons

Ensure that the damage die and range are correct for any weapon the creature is wielding. Consult the Weapons table in the *Player’s Handbook* (p. 149).

Creatures that are Large or larger wield oversized weapons. Here’s how to determine the damage dice of those weapons.

|  |  |
| --- | --- |
| **Size** | **Damage Dice** |
| Large | ×2 |
| Huge | ×3 |
| Gargantuan | ×4 |

For example, a Huge creature wielding an appropriately sized greataxe rolls 3d12 for it.

Damage

Ensure that damage averages are correct and that the damage expression uses the same ability modifier used for the attack’s bonus to attack.

Save DC for Non-spells

Save DC = 8 + proficiency bonus + relevant ability modifier

Spell Name and Level

Verify that a spell’s name and level are correct and that the name appears in italics.

Spell Save DC and Attack Bonus

Spell save DC = 8 + proficiency bonus + spellcasting ability modifier

Spell attack bonus = proficiency bonus + spellcasting ability modifier

Spellcasting Action

No CR Relevance. The Spellcasting action must have no relevance to a creature’s CR. Whether or not the DM uses Spellcasting, the monster’s CR must be stable using the other options in the stat block. Spellcasting should present a collection of interesting and flavor-appropriate options, not something that is mathematically necessary for the monster’s CR.

Wording. When the Spellcasting appears as an action, a bonus action, or a reaction, it should be worded as such, not as a trait. Here’s example wording:

* “The X casts one of the following spells, using Y as the spellcasting ability (spell save DC Z):”
* “The X casts one of the following spells, requiring no material components and using Y as the spellcasting ability (spell save DC Z):”
* “The X casts one of the following spells, requiring no spell components and using Y as the spellcasting ability (spell save DC Z):”

Spell List. When building the creature’s spell list, choose spells from the *Player’s Handbook*, favoring simple spells. Avoid giving a monster many concentration spells.

Keep the list of spells small and impactful/flavorful. A creature is assumed to have three rounds of combat, so having 4 or more combat-focused spells is unnecessary. Likewise, a creature shouldn’t be bogged down with too many non-combat spells.

Bonus Actions and Reactions. Bonus action spells and reaction spells don’t appear in the Spellcasting action. If a particular bonus action or reaction spell is vital for a monster’s concept, create an ad hoc bonus action or reaction that casts the spell or that mimics the spell’s effects.

Keep in mind that a bonus action spell is likely to get used every round. The same is true of reaction spells. For example, if you give a monster *shield* and the monster has nothing else compelling to do with its reaction, the monster’s AC is effectively 5 higher.

Longer Casting Times. Avoid giving a monster spells with casting times of 1 minute or more. If it’s narratively necessary to give a monster such a spell, it must go in the traits section of the stat block. And such a spell is irrelevant to the monster’s CR.

Legendary Actions

Legendary actions should have the Stat Block Hanging style, not Stat Block Body.

# Sample Stat Block

Blorp

Small Aberration

Armor Class 13

Hit Points 18 (4d6 + 4)

Speed 20 ft., climb 20 ft.

**STR** **DEX** **CON** **INT** **WIS** **CHA**

8 (−1) 16 (+3) 13 (+1) 10 (+0) 10 (+0) 6 (−2)

Saving Throws Int +2, Wis +2, Cha +0

Skills Perception +4, Stealth +5

Damage Resistances psychic

Damage Immunities poison

Condition Immunities poisoned

Senses darkvision 60 ft., passive Perception 14

Languages Deep Speech

Challenge 1/2 (100 XP) Proficiency Bonus +2

Death Burst. When the blorp drops to 0 hit points, it releases a cloud of poisonous gas that fills a 10-foot-radius sphere. A strong wind disperses the cloud, which otherwise lasts for 1 minute. Any creature that starts its turn in the cloud must succeed on a DC 11 Constitution saving throw or take 5 (2d4) poison damage.

Actions

Bite. Melee Weapon Attack: +5 to hit, reach 5 ft., one target. Hit: 5 (1d4 + 3) piercing damage plus 2 (1d4) poison damage.

Bonus Actions

Nimble Escape. The blorp takes the Disengage or Hide action.

Reactions

Spawn (1/Day). When the blorp is subjected to lightning or slashing damage, it creates another blorp in the nearest unoccupied space. This duplicate acts on its own initiative count and has all its hit points when created. The two blorps are friendly toward each other.

# Lairs

## Template

Here’s an empty template to use when creating lair action and regional effects sections to accompany stat blocks. The template includes the styles you need to use (though in some cases the heading level might start with an H3 instead). Look at the entries in Monsters of the Multiverse to see how these styles translate in a bestiary entry.

## A X’s Lair (Heading 2)

This paragraph is a flavorful description of the lair. It uses Core Body.

If the creature’s CR is higher in its lair, specify in this indented Core Body paragraph.

### Lair Actions (Heading 3)

Core Body boilerplate paragraph.

Action Name. Mechanics of the action; Core Hanging.

### Regional Effects (Heading 3)

Core Body boilerplate paragraph.

Effect Name. Mechanics of the effect; Core Hanging.

This Core Body paragraph states how long it takes for the effects to fade after the creature dies.

## Lair Boilerplate

This section includes the boilerplate to use for each subsection.

### A X’s Lair

All lairs should grant lair actions, but they don’t all impose regional effects (see Drow Matron Mother in *Monsters of the Multiverse* for an example).

If the creature’s CR is higher in its lair, use this boilerplate as the last paragraph in the introduction:

“The X’s challenge rating is $$$ ($$$ XP) when it’s encountered in its lair.”

### Lair Actions

“On initiative count 20 (losing initiative ties), a X can take one of the following lair actions:”

**…**

“On initiative count 20 (losing initiative ties), a X can take one of the following lair actions; the X can’t take the same lair action two rounds in a row:”

…

“On initiative count 20 (losing initiative ties), a X can take one of the following lair actions; [insert special limiter here]:”

### Regional Effects

Regional effects should always include a range unless the lair’s region is strictly bounded in some way (for example, a morkoth’s island; see *Monsters of the Multiverse*).

“The region containing a X’s lair is [warped/blessed/transformed/etc.] by its presence, creating one or more of the following effects:”

…

“If the X dies, these effects fade over the course of XdX [units of time].”

# Sample Lair

Here’s a variant blorp with a lair.

## A Blorp Twizzler Lair

Blorp twizzlers build their lairs near sources of natural magical power. Their lairs generally take the form of small, rickety huts built from haphazard piles of twigs and feathers. By carefully orienting their building materials, they focus the magic into themselves.

The blorp twizzler’s challenge rating is 1 (200 XP) when it’s encountered in its lair.

### Lair Actions

On initiative count 20 (losing initiative ties), a twizzler can take one of the following lair actions; the twizzler can’t take the same lair action two rounds in a row:

Allergen Attack. The feathers in the lair walls expel magical dust mites near the twizzler. Any creature within 10 feet of the twizzler must succeed on a DC 11 Constitution saving throw or be poisoned until the end of its next turn.

Self-Loathing. The twizzler creates a wave of low morale. Each creature it can see within the lair must succeed on a DC 11 Wisdom saving throw or take 4 (1d8) psychic damage.

### Regional Effects

The region containing a blorp twizzler’s lair is warped by its presence, creating one or more of the following effects:

Fetid Pools. Still water within 1 mile of the lair smells rancid.

Mange. Creatures that spend more than 24 hours within 1 mile of the lair begin to lose their hair or scales.

If the blorp twizzler dies, the feathers and twigs blow away, and these effects fade over the course of 1d4 minutes.