



5 NIGHTS OF OVERTIME

By Mr. Zech

Safety

This game includes themes of fear, isolation, disorientation, capitalism, violence against animals and humans, body horror and death.

Read and play with caution, keeping in mind that you can take a break or stop completely at any time. Your mental health is important, and this is just a game.

Remember that you can change, ignore, rewrite or abandon any part of this game that you want.

The Epilogue

If you had a breakdown or died, write the epilogue from the point of view of a different character. For example, this could be an official report from the person who found you, or a journal entry from your caretaker. Explore your final end from the outside, as someone who only sees the aftermath but does not know the cause.

If you survived, congratulations! How do you move on from this horrifying experience? In the epilogue, explore how your drive to stay at the job has been affected by this experience, and what, if any, relationship you have left with your former work best friend

This work is based on Roll Up! TTRPG system by Hugh Lashbrooke - hughlashbrooke.com/gaming

5 Nights of Overtime was written by Mr. Zech (mr-zech.itch.io) and was created for the Roll Up! Jam.

The layout of this game is based on the guide for the Wretched Jam by Litza (litzabronwyn.itch.io/). The Wretched is product of Chris Bissette and Loot The Room, and licensed for our use under the Creative Commons Attribution 3.0 Unported license (<http://creativecommons.org/licenses/by/3.0/>)

Night 5

After the events of the previous nights, you do not want to return ever again. You call in sick to work and just lie in bed.

About 2pm, you received a text that shakes your conviction. It's from your missing friend checking in on you. You reply asking where they are. Your stomach drops when they say they are in the office.

You take a while to gather your resolve, then head back to the office for your best friend. You arrive about half an hour before the end of the work day. They are surprised to see you and act as if nothing is out of the ordinary. However, as the work day ends and the rest of your colleagues start to clock out, your friend begins raving about losing their mind. How do you try to calm them down? [Test **Social** Stamina]

With the office mostly empty, your friend's rants turn into shouting chants and they bolt out of the room. You run after them but the twisting office makes you lose sight of them. Instead, you find yourself in your boss' office. Your boss is sitting in their chair with their back towards you as you enter.

Read over your journal of the last few nights, and decide what is the monster at the heart of the corporation. What horrors do you see when your boss turns to face you? [Test **Mental** Stamina]

You attempt to flee from the Monster. Reflect on the horrors of the previous nights, what tricks does it pull to try to stop you? [Test **Physical** Stamina] Do you escape?

Who are you?

You are an ordinary office worker. Due to the big deadline on Friday, your boss has ordered your whole team to stay late all week.

As you work into the night, you begin to notice strange things occurring in the office. Over the week, your labor and the weirdness wears down your mind, body and soul. As the weirdness escalates into danger, will you survive the five nights of overtime?

What is This?

5 Nights of Overtime is a solo GM-less journaling game in which you attempt to survive five nights of overtime in a haunted office.

To play, all you need is a regular 6-sided dice (d6) and a physical or electronic journal.

Roll up your character. Then read through the events for each night. Roll your six-sided dice to determine how you should respond, then write about the experiences in character.

If any of your three stamina – physical, mental or social – is depleted, you suffer a breakdown or die. To win, you simply have to survive all five nights of horror. For an easier game, you may give yourself a larger Bonus reroll pool.

Roll up your character

1. Give your character a name and corporate job title.
2. Roll 1d6 for each of your three stamina: Physical, Mental and Social (reroll 1s).
3. Subtract your total stamina from 15 to form your Bonus pool (minimum 1).
4. Give your character a reason why they are determined to stay at this job, or roll on the table below.

1 This is your dream job, which you worked your whole life for.

2 You have a crippling level of debt, and you need the paycheck.

3 You have a serious crush on someone in the company.

4 Your parents are the owners of this company, so it's as good as your home.

5 You have unhealthily made your job your whole identity.

6 Your contract has heavy penalties for quitting suddenly.

Despite the weirdness, you push forward. No one believes that your friend is missing, nor will anyone believe what you just witnessed. You are all alone in this quest to find them. (Do not roll for the next event, instead use the same result as the last event's.)

1 You enter a pastry kitchen. A single chef wearing a grotesque mask sees you and picks up a cleaver. The voices that led you here swell to a chorus, "Like a lamb to the slaughter!"

2 Before you are crushed, the walls stop abruptly, leaving you in a tunnel. With no way back, you crawl forward, wading through a growing layer of human bones.

3 You try to escape the cold, but find its source instead – a freezer room. Hanging from meat hooks, are humans being processed as food. You let out a visible breath: at least your friend is not here.

4 With no way forward, you are forced to double back. You feel a chill on the back of your neck, and turn around to see the same tall and bloody humanoid emerging from the wall.

5 You realize the identity of your stalker – your shadow! You feel a wave of malicious glee as it feels like it winks at you. The lights turn harsher, causing the shadow to darken and grow larger.

6 The blood on the walls comes alive and pools together on the floor. It rises up and takes humanoid form. Forming a mouth, the blood figure mouths to you, "Help Us!"

You flee! The office doesn't fight you – it forms a straight path for you to the outside. As you cross the threshold, you can hear a taunting laugh in the back of your mind. [Test **Physical** Stamina]

Night 4

In the light of the next morning when rationality returns, you dismiss last night's sightings as the product of a tired and overworked mind. The day passes without incident, but at night, you realize that your closest friend in the office is missing. Asking around the office, everyone tells you that they called out sick today. However, you swear that you saw them earlier today – you even had lunch with them. [Test **Social** Stamina to deal with their gaslighting.]

You head to your friend's desk to investigate. What evidence do you find at their desk that suggests that they might still be in the office?

Leaving your work behind, you venture into unfamiliar parts of the office block to search for your friend. (d6) [Test **Mental** Stamina]

- 1 As you search, voices whisper to you that your friend was delicious and you will make an excellent dessert.
- 2 When you enter a room, the walls feel like they are closing in on you suddenly, causing an attack of claustrophobia.
- 3 The temperature in the building drops to a ghostly chill, making it difficult for you to continue.
- 4 You see your friend being chased by a tall and bloody humanoid. This chase leads you to a dead end and they seem to disappear.
- 5 As you search, you constantly feel that something just out of your sight is following you, watching you.
- 6 You find a room with a surgical table in the middle, and gallons of blood splattered all over the walls.

The Nights

The game is divided into 5 nights. Each night has two parts: the events and the journal.

Step One: The Events

Each night has three events that wear on your character's mind, body and soul. Some events require you to roll a d6 to complete the event prompt.

For each event, roll 1d6 and add the stamina tested. If your total is equal or greater than 8, you are free to react however you please. Otherwise, reduce the stamina tested by 1 and your character reacts in fear. You may at any time spend 1 Bonus point to reroll.

If any of your stamina is reduced to 0, your character suffers a breakdown or dies, your choice. Do not go onto the next event, instead journal your experiences of the night until this event. Then go to the Epilogue.

Step Two: The Journal

Record your experiences in a journal. Write about what has happened and what you feel. If you like, you can use an alternative to a journal, such as making a voice or video recording, writing letters, narrating out loud, or simply imagining the scenario in your head.

Night 1

As you work, you receive an email marked urgent from your friend, Bob, who works at your company's help desk. The email reads in all caps: {Your Name}, I HAVE UNCOVERED A HORRIBLE SECRET! Attached is a single blurry image of your boss eating what looks like a brain with a spoon. [Test **Mental** Stamina]

You try to call Bob, but they do not pick up. With nothing you can do about it at the moment, you continue to work. A colleague whom you don't usually talk to comes over to gossip about the boss. Unprompted, they mention a disturbing rumor. What is the rumor and how is it related to the image you just saw? [Test **Social** Stamina]

You return home and sleep. You experience a disturbing dream (d6).

- 1 The boss gives you a performance review while eating a brain.
- 2 The boss is eating your brain.
- 3 You are a waiter serving your boss a brain jelly dish.
- 4 You get a promotion. Your new responsibility is eating brains.
- 5 The boss and you are on a romantic date at a brain restaurant.
- 6 You receive your latest paycheck in brains.

[Test **Physical** Stamina to see how well you rest]

At the end of the night, as you are leaving the office, . . . (d6)

- 1 You see a dead cat with a group of rats around it eating its brain.
- 2 A headless bird flies into a window and dies.
- 3 A dog with a huge gash in its head exposing its brain makes eye contact with you and howls.
- 4 A racoon digging through a trash can tosses out a human hand and an eyeball.
- 5 A squirrel climbs down a tree. When it stares at you, you realize the squirrel has your face.
- 6 Spider webs have completely covered the office's exit, forcing you to hack through them to leave.

You pick up the pace and rush home. [Test **Physical** Stamina]

Night 3

Your direct supervisor invites you to their office to work on the project together. The meeting mostly goes fine, but occasionally when you look over at them, you notice . . . (d6)

- 1 Their pupils expand rapidly, turning their eyes black.
- 2 A snake-like tongue flicks in and out of their lips.
- 3 They are looking at you and drooling hungrily.
- 4 Their shadow moves independently, and stalks yours.
- 5 A worm wiggles half way out of their nostril, then crawls back in.
- 6 Their voice drops two octaves and echoes around the room.

These sights only last for a second at a time. When you blink twice, everything looks fully normal again. [Test **Social** Stamina]

When the meeting ends, you rush back to your desk. Recall your reason for working here. How do you try to recenter yourself and swallow your discomfort to continue working? [Test **Mental** Stamina]

The Journal

Record your first journal entry using the following script, or by writing your own similar entry.

Night 1. *Tonight, I received a strange email that threw my work rhythm off. It was from Bob, my buddy at the help desk, and marked urgent. Opening it, . . .*

All following journal entries should begin with "Night #." to keep a recording of the game's progression.

Night 2

During the day, you go to the Help Desk with the intention of asking Bob about his email. However, his co-workers tell you that Bob has abruptly quit the company with no warning. Bob is still not answering your calls.

At night, you attempt to go to the copy room, a simple trip you have made many times before. However, this time . . . (roll d6).

- 1 The corridor lengthens as you walk through it, making you unable to reach its end.
- 2 You open the door of the copy room to find a storeroom full of strange artifacts depicting the grotesque.
- 3 The copy room door has disappeared and you can't find it.
- 4 Entering any door causes you to appear in a completely different room in the office.
- 5 The corridors are twisting and changing, like a labyrinth .
- 6 You fell through the floor to the level below. After picking yourself back up, you can't seem to find the stairs back up.

[Test **Physical** Stamina]

Just as you are about to give up, you somehow stumble into the copy room. You find (roll d6) [Test **Mental** Stamina]

- 1 Copies of a menu for a corporate function – the headline dish is a brain tartare served with aged blood.
- 2 A HR report listing the employees of the company and their brain's tastiness score.
- 3 A hospital receipt for finance to expense brain removal surgeries.
- 4 A memo from your boss instructing HR to take care of Bob.
- 5 Bob's bloodstained employee ID.
- 6 Your medical records, including an MRI scan of your brain with handwriting notes about the best way to cook it.

By this time, you have completely forgotten why you even came to the copy room. Suddenly, you notice a janitor standing behind you and silently staring. When did they come in? You try to ignore them, but you can still feel their eyes fixating on you as you make your way to the door. Finally, the janitor says, "You are almost ripe! Be careful." Then they disappear. [Test **Social** Stamina]