

STRESS & TRAUMA

STRESS:

Player characters in 1(800)Bizarre have a special reserve called **stress**. When they suffer a consequence that they don't want to accept, they can take stress instead. The result of a **resistance check** determines how much stress it costs to avoid a bad outcome.

*During an ALL-Out-Brawl, Daniel's character, Cross, gets stabbed in the chest. Daniel rolls his **Prowess** rating to resist, and gets a 2. It costs 6 stress, minus 2 (the result of the resistance check) to resist the consequences. Daniel marks off 4 stress and describes how Cross survives.*

The GM rules that the harm is reduced by the resistance check, but not avoided entirely. Cross suffers Level 2 harm ("Chest Wound") instead of Level 3 harm ("Punctured Lung").

PUSHING YOURSELF:

You can use stress to push yourself for greater performance. For each bonus you choose below, take 2 **stress** (each can be chosen once for a given action):

- Add **+1d** to your roll. (This may be used for an skill check or downtime roll or any other kind of roll where extra effort would help you)
- Add **+1 level** to your effect.
- Take action when you're incapacitated.

TRAUMA:

When a PC marks their last stress box, they suffer a level of **trauma**. When you take **trauma**, circle one of your **trauma conditions** like Cold, Reckless, Unstable, etc. They're all described below.

When you suffer **trauma**, you're taken out of action. You're "left for dead" or otherwise dropped out of the current conflict, only to come back later, shaken and drained. When you return, **you have zero stress** and your vice has been satisfied for the next downtime.

Trauma conditions are permanent. Your character acquires the new personality quirk indicated by the condition, and can earn xp by using it to cause trouble. **When you mark your fourth trauma condition**, your character cannot continue as a bizarre individual. You must retire them to a different life or send them to prison to take the fall for the crew's wanted level.

TRAUMA CONDITIONS:

- **Cold:** You're not moved by emotional appeals or social bonds.
- **Haunted:** You're often lost in reverie, reliving past horrors, seeing things.
- **Obsessed:** You're enthralled by one thing: an activity, a person, an ideology.
- **Paranoid:** You imagine danger everywhere; you can't trust others.
- **Reckless:** You have little regard for your own safety or best interests.
- **Soft:** You lose your edge; you become sentimental, passive, gentle.
- **Unstable:** Your emotional state is volatile. You can instantly rage, or fall into despair, act impulsively, or freeze up.
- **Vicious:** You seek out opportunities to hurt people, even for no good reason.