

# Insanity Cards



Disclaimer: Mental Illness affects millions of people. This work is not designed to trivialize the nature of their condition and is presented here for entertainment purposes only.

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## Objective

Insanity cards fit easily into any roleplaying game and provide a quick mechanic for handling the downward spiral into madness. By drawing and playing insanity cards players are given some – but not too much – control over the pacing of their character's mental collapse.

## Components

The deck consists of 9 copies of each insanity (Anger, Confusion, Delusion, Fear, Obsession, and Paranoia), 6 player aid cards, and this booklet.

## Setup and Play

Give each player a player guide card, then shuffle the deck and deal two cards to each player. When a player's character witnesses something horrific, tell the player to draw one or more insanity cards based on the table below. After drawing the number of required cards, the player must play cards until their hand is back to its starting number of just two cards.

Reason	Cards
Player witnesses a violent act or an easily explainable supernatural phenomenon.	1
Player witnesses or is subject to extreme violence or astounding supernatural phenomenon.	2
Player directly confronts that which man was not meant to know.	3

# Tells

A player's first card must be played as a "Tell". Playing a card as a Tell is as simple as placing the card face-up in front of you.

A player may only have one Tell for each type of insanity. For example, once a player has the Fear card in front of them as a Tell, they may not play a second Fear card as a Tell.

Tells do not directly impact the player's character yet. A Tell is simply an indicator to other players of a direction their character may take.

# Descents

To play a card as a Descent, play it face down underneath an existing Tell. *Cards played as Descents need not match the Tell they are played underneath.*

Fan Descent cards vertically so the number one on the bottom corner of each card is visible. Adding up the numbers will reveal what level of that insanity the player is suffering. Look on the chart of the face-up Tell card to determine how this impacts the player's character.

### Delusions

**1. Quirk**  
You develop a strange quirk or癖. This can be anything you like, a tendency to repeat a common phrase, a repeated task, occasional forgetfulness (carelessness, or something else).

**2. Crazy Talk**  
Incredibly, you start babbling nonsense into your normal speech. Try saying several things, but skip every other word, or reorder them.

**3. Hallucinations**  
A character or person from your past that has died (or if you're insane, have existed to you). Or maybe the dead can speak only to you. Then frequent conversations with this person.

**4. The Voices**  
Voices tell you to do strange things, and you listen to them. First how to behave crazily and then it is the voices, or ask the DM what the voices are telling you.

**5. Delusions of Grandeur**  
You have developed a more power. Maybe you need to harm someone, or talk to animals, or several different things. It is confusing to ask in your mind, is another what the voices say. Use your powers to learn more about them.



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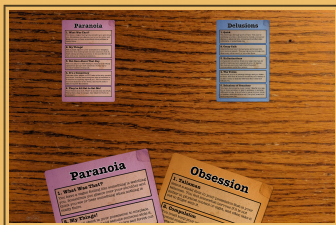
# Example

Howard begins the game with Paranoia and Delusions in his hand. He is then instructed by his



GM to draw and gets another Paranoia card, so he plays it right away as a tell.

Later, Howard is instructed to draw again and gets an Obsession card. Since it is still early in the game he chooses to keep his sanity and play Delusions as a second Tell. Howard is not suffering any ill effects – yet.



Eventually Howard finds he must draw two more cards and gets an Anger and another Obsession card. He decides now is the time to go a little nuts and puts the Paranoia and Anger cards as Descents under his Paranoia Tell.



Howard now suffers from the first two effects listed on the Paranoia card, but still no Delusions. He now has some good choices ahead of him – he held onto cards he has not yet played so he can still play two more Tells if he doesn't want more insanities. Or he can push his Paranoia deeper on the very next card.

## Multiple Effects

If a character is suffering from a wide range of effects, players shouldn't worry too much about acting out every single one all the time.

Encourage your players to waffle between them, pick the most fun one, or even reinterpret the effects or combine them in ways they think make sense and bring the most fun to the table.



## Strategy

Players that want their characters to rapidly descend into madness can simply play a single Tell and then drop every card thereafter as a Descent into that particular flavor of madness.

Players that prefer to keep their sanity and make it out intact (good luck with that), should try to play as many Tells as possible and spread the Descent cards out amongst them. If a player is lucky enough to draw all six Tells, they won't suffer any ill effects until their seventh card.

Either way, players should keep their eye on the clock as play progresses, and try to pace out their cards to reach the most satisfying end for their character by the end of the game.

Good luck staying sane.





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