



LINGERING INJURY SYSTEM

MAKE NEARLY DYING MATTER

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FOREWORD

Basically, this lingering injury system came about because I feel the fifth edition mechanic whereby someone can drop to zero hit points (essentially be on death's door), receive healing, and then be back to full fighting strength with absolutely zero repercussions is unsatisfying.

So, I came up with the idea of having “lingering injuries.” These are basically side effects or consequences that occur whenever a character drops to zero hit points in the game. These side effects take a bit of effort and time to remove, making the character feel some of the pain of having nearly died.

At first, I used a lingering injury table off the internet, but it was incredibly heavy-handed and quite brutal.

So, we tweaked that more than a little in my groups, but I was still not totally satisfied with it.

Thus, I created the basic system on the following page.

My goal with this system is to have some consequences for dropping to zero hit points, but not have them be incredibly brutal like other systems I've found online.

On the next page, you'll find just a few basic rules for using the system and a chart of lingering injuries. It's pretty simple.

Enjoy!

The following rules govern this system:

- » Because of how easy it is for low-level characters to drop to zero hit points, it's recommended to only use this system once a character reaches level 5.
- » When a character drops to zero hit points, they must make a DC 13 Constitution saving throw. On a failed save, they receive one lingering injury by rolling on the table below. For each additional time a character drops to zero hit points, the DC increases by 2, with a cap of 19. The DC resets to 13 after the character takes a short or long rest.
- » For a gritter game, lingering injuries are automatically received. There is no saving throw to avoid them.
- » The lingering injuries do not explain how or why the injuries are present. The game master and player should decide why the character is suffering from the lingering injury based on the nature of the damage that dropped the character to zero hit points.
- » A character can have multiple lingering injuries, one for each time they drop to zero hit points. If a duplicate injury is rolled increment the penalty or roll again on the table, whichever makes the most sense. For instance, rolling a second time for exhaustion would add another level of exhaustion to a character. However, if deafened is rolled a second time, you would reroll on the table.
- » When a character completes a short rest, one lingering injury is removed, with lingering injuries being removed in the order they were received. When a character completes a long rest, all lingering injuries they have are removed.

d12	Lingering Injury
1	Physical Impediment. You have disadvantage on attack rolls and disadvantage on Strength or Constitution ability checks and saving throws. Determine whether Strength or Constitution is affected by rolling dice; each has an equal chance of occurring. If this lingering injury is rolled again, the other attribute is affected.
2	Slowed. Your movement speed is halved.
3	Bum Arm. You cannot hold anything in your primary or secondary hand (roll to determine which); you cannot use weapons that require two hands; and spells you cast that require a somatic component have a 50% chance to fail, though no spell slot is consumed.
4	Easy Target. Your armor class is reduced by 2 and you have disadvantage on Dexterity saving throws.
5	Deafened. You are deafened.
6	Brain Trauma. You have disadvantage on spell attack rolls and disadvantage on Wisdom or Intelligence ability checks and saving throws. Determine whether Wisdom or Intelligence is affected by rolling dice; each has an equal chance of occurring. If this lingering injury is rolled again, the other attribute is affected.
7	Hideous Scar. You have disadvantage on Charisma checks and Charisma saving throws.
8	Ringed Ears. You have disadvantage on Wisdom (Perception) checks that rely on hearing, and spells you cast that have verbal components have a 50% chance to fail, though no spell slot is consumed.
9	Blinded. You are blinded.
10	Exhaustion. You gain one level of exhaustion.
11	Blurred Vision. You have disadvantage on Wisdom (Perception) checks that rely on sight and on ranged attack rolls.
12	Minor Scar. The scar doesn't have any adverse effect, but chicks dig it.

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