



Generic rules

Investigative skills refresh between each case (or breakpoint, for longer cases)

When in a safe haven for an hour or more, refresh up to 3 general abilities (1/session). Exceptions: Health, Stability.

Health refreshes 2 pts/day of restful activities.

Athletics, Driving, Scuffling and Shooting refresh after 24 hrs since last use.

Other general abilities refresh as investigative abilities.

Seriously wounded: Convalesce in hospital
#days = -Health. 1/2 Health day after that, full health day after that

Skills (p20-22)

Medic (p41) - Give 2 Health per point of First Aid spent. Max healing = level before last wound. Receptient must be Hurt. If applied to yourself you get 1 pt per point spent.

Shrink - Help others regain Stability

Stability (p48)

Stability refreshes between adventures (If using Sources of Stability you must spend quality time with sources).

Reaching emotionally significant goals may give 1d6 pts back

Helping others feel a sense of safety etc (using Shrink) may give 1d6 pts back



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Generic rules (p73)

Investigative skills refresh between each case (or breakpoint, for longer cases)

When in a safe haven for 2 hours or more, refresh up to 4 general abilities (1/session). Health excluded. Must wait 2 intervals before next time-out

Health refreshes 2 pts/day of restful activities.

Seriously wounded and primitive medical care: Convalesce in hospital #days = -Health. 1/2 Health day after that, full health day after that. Times x2 for no medical care"

When spending from a boosted investigative ability, you regain 1 pt after getting the benefit

Ship Output restores after any ship cbt (p103)

Skills

Medic (p73) - Give 2 Health per point of First Aid spent. Max healing = level before last wound. Recipient must be Hurt. If applied to yourself you get 1 pt per point spent.

Naval Tactics (p48) - Transfer pool pts to other PC's Battle Console, Communications Intercept, Helm Control or Systems Repair"

Ships

Sherlock (p108) - 1/case, 1 Crew Member refresh 1 tech investigative pool if depleting it while conducting an experiment in ship"

Alexandria (p109) - 1/case, 1 crew member refresh 1 Academic Investigative pool if depleting it while outside the ship, if a headset feed is currently running back to it.

Upgrades

Hailmary (upgrade) (p116) - 1/cbt. Refreshes Output (both you and enemy)"

Hyperbaric emitter (p116) - spend output for each character healed. Each pt of medic = 3 health points inst. of 2"

Zoomer (upgrade) (p118) - Refresh output when you win combat with escape goal"

Spieces

Balla (p17) - 1 Inspiration pt refresh 1 general ability of another PC. Must be calm and quiet. Not in fight.

Human (p21) - During fight, ship cbt or contest, when 1 general pool reaches 0. Roll die, if result=1 refresh that pool instantly.

Both of the above are limited to 1/session and does not apply to Health"

Equipment

Stockholmer (p145) - Interpersonal points spent on victim is regained after end of scene"

Espreser (p133) - Unconscious victim of NLD wakes up with 1 Health"



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Cybernetics

Aidkitter (p127) - Transfer X number of Health to recipient"

Amper (p127) - 1/episode, add X number of pts to any number of skills (only to refill, not above rating). In following interval roll 1d10. Even result = lose 4 health, Odd result lose X Health.

Autonomic Avenger (p127) - Scuffling pool increases by 6 (must be spent on immediate attack(s))"

Dopamine Redirector (p129) - convert damage done to increase academic or technical abilities, or Enhancement Integration. 1/Episode"

Masodermal Jumper (p131) - Transfer X pts from Athletics, Scuffling and/or Shooting to one of recipients pool Doesn't have to be same. 1/ Interval"

Neurojolter (p131) - Transfer X pts from Battle Console, Communications Intercept, Medic, Naval Tactics, Public Relations, Sense Trouble, Shooting, Systems Design, Systems Repair and/or Viro Manipulation to recipients same ability. 1/interval"

Poshporyltic battery (p132) - Transfer output /propulsion to Athletics, Health or Scuffling"

Viroware

Brainwave Recycler (p138) - each time another PC makes a spend on academic/technical ability, you gain 1 point to any pool. 1/episode, last until end of interval"

Chameleon (p138) - Gain 6 points to spend on Infiltration and/or Guff Yj`UbW. 1 bgdYbh points disappear after end of use (often: end of interval)"

Proprioception Booster (p139) - 1/episode, gain 6 pts to apply either to Helm Control, Ground Craft or Shuttle Craft. Unspent points at end of interval go away"

Refractive Skin (p139) Transfer Athletics -> Health when hit by a energy strike (such as a Disruptor)"

Regenerate (p140) - When activated, regains 2 Health/round up to the level when Regenerate was activated"

Slick Skin (p141) - gain scuffling pts from opponents scuffling expenditures"





Generic rules (p48)

Investigative skills refresh between each case (or breakpoint, for longer cases)"

Athletics, Driving, Scuffling and G\cchb[refresh after 24 hrs since last use. Other general abilities refresh as investigative abilities.

Health refreshes 2 pts/day of restful activities.

Seriously wounded: Convalesce in hospital #days = -Health. 1/2 Health day after that, full health day after that

Skills

Medic (p63) - Give 2 Health per point of First Aid spent. Max healing = level before last wound. Receptient must be Hurt. If applied to yourself you get 1 pt per point spent.

Shrink (p47)- 1 Shrink for 2 Stability to someone else"

Drivers (p73)

Obe hard driver: Refresh 2 pts Stability"

Obe soft driver: Refresh 1 pt Stability"

Stability (p49)

Stability refreshes between adventures.
Optional: Must keep social network intact"

Rapid Refreshes (p45)

At the beginning of any new fight sequence:

Characters with positive Health pools refresh all points.

Hurt but conscious characters refresh half of their points.

Seriously wounded but conscious characters refresh one quarter of their pool points.

Unconscious characters refresh no Health points.

Extra Crunchy Combat

Martial Arts(p51) *Req. Scuffling 8+*. 1/fight give narrative description for 4 pt Scuffling refresh. 5 if especially well done.

Techno-Macho Utterances(p54) *Req. Shooting 8+*. 1/fight give narrative description for 3 pt Shooting refresh. 4 if especially well done"

Tactical Fact Finding(p54) - If GM added to (or before) cbt, finding a tactical fact gives a refresh in specified ability"

More Fighting, More Refreshing

Between each fight, refresh Athletics, Shooting and Scuffling. This requires..

- At least 4 hrs spent resting.
- If wounded in previous fight, must recieve Medic treatment for 1+ pts.
- If lost stability since last downtime must recieve Shrink treatment for 1+ pts"



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TRAIL OF CTHULHU



Generic rules (p80-81)

Investigative skills refresh between each case (or breakpoint, for longer cases)"

When in a safe haven for an hour or more, refresh up to 3 general abilities (1/session). Exceptions: Health, Sanity, Stability.

Health refreshes 2 pts/day of restful activities.

Athletics, Driving, Firearms, Fleeing, Piloting, Riding, Scuffling and weapons refresh after 24 hrs since last use.

Other general abilities refresh as investigative abilities.

Seriously wounded: Convalesce in hospital #days = -Health. 1/2 Health day after that, full health day after that"

Skills

First Aid (p63) - Give 2 Health per point of First Aid spent. Max healing = level before last wound. Receptient must be Hurt. If applied to yourself you get 1 pt per point spent. Purist games: Max 1/3 of total health pool"

Psychoanalysis (p79) - Diff 4 (3 for Clergy, Alienist) to help someone refresh stability. 2 Stability per point spent"

Sanity and Stability (p81)

Stability refreshes between adventures (If using Sources of Stability you must spend quality time with sources).

Purist setting: Sanity never recovers.

Pulp setting: 1-2 pts or upwards for "Defeating the mythos".

Occupations

Artist (p12) - May refresh 1 point in an ability representing your chosen art form during downtime. Max 4/session.

Author (p12) - May reresh 1 academic pool pt. Max 4/session.

Clergy (p13) - May refresh any interpersonal ability by talking to fellow religionist while identifying yourself as member of clergy.

Vehicles

1933 Reo Speed-Wagon 1-ton light delivery truck refreshes 1 driving pool point / scene (p184)"

1935 Douglas DC-3 cargo plane - Refreshes 1 pilot pool pt / scene (p185)"



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Generic rules (p102)

Investigative skills refresh between each case (or breakpoint, for longer cases)"

Athletics, Driving, Scuffling and Shooting refresh after 24 hrs since last use.

Other general abilities and Stability refresh as investigative abilities.

Health refreshes 2 pts/day of restful activities.

Seriously wounded: Convalesce in hospital #days = -Health. 1/2 Health day after that, full health day after that"

Refreshing Mutant Powers

Investigative Mutant Powers refresh at end of each case"

General mutant powers refreshes when 24 hrs have passed since last spent pts from pool"

Forced Refresh (p192) - Refresh Mutant power pool. Roll Defect Resistance (diff 8). If fail, defect condition gets 1 step worse"

Powers

Blood spray (p39) - Health lost to blood spray can be refreshed with a large meal of red meat, washed down with large quantities of orange juice or similar sugary drink, followed by an hours nap"

Deplete Oxygen (p44) - Refresh all lost pts after breathing normally in as many minutes as being oxygen deprived"

Endorphin control (other) (p47) - spend X Endorphin -> X Health and Stability (Make a diff 3 Endorphin Control Check. Diff 4 if Health => 8) (goes away after 5 min)"

Endorphin control (self) (p48) - spend X Endorphin -> X Health and Stability (goes away after 5 min)"

Skills

Medic (p95) - Give 2 Health per point of Medic spent. Max healing = level before last wound. Receptient must be Hurt. If applied to yourself you get 1 pt per point spent.

Empath (p47) - Heal stability damage. X Empathy -> X Stability"

Healing Restor (p51) - 1 Health / Healing pt spent"

Regeneration (p61) - Spend 1 regen-pt to refresh 1 Health pts"

Self-Detonation (p62) - All pools are refreshed when reformed"

Sexual chemistry (p64) - Each pt spent gives 2 pt of flirting"



NIGHT'S BLACK AGENTS



Generic rules

Investigative skills refresh between each case (or breakpoint, for longer cases)"

Athletics, Driving, Hand-to-Hand, Piloting, Shooting and Weapons refresh after 24 hrs since last use.

Other general abilities and Stability refresh as investigative abilities.

Paranormal abilities refresh after each operation"

Trust refreshes after each operation"

Health refreshes 2 pts/day of restful activities.

Seriously wounded: Convalesce in hospital #days = -Health. 1/2 Health day after that, full health day after that"

Spend 1 hour at safe haven to refresh 3 gnrl abilities (not Health, Stability)

If a character lives his drive, refresh 1-2 pool pts from any general ability (1/session/player)

Cover and Network do NOT refresh

Stability

Symbol - A few minutes of meditating/revering your symbol gives 1 Stability back. 1/session

Solace - 6 hrs of interaction with solace gives 2 Stability 1/session

Solace - 1 full day of interaction gives full refresh of Stability

At the end of session where Place of Safety is inviolate refresh 1 Stability

If get to Place of Safety unobserved, refresh Stability completely

Addictive disorder (Burn Mode) - Refresh 2 Stability by engaging in addiction

If a spend gives an impressive result, regain 1d6 pts

Skills

Medic - 2 Health per pt of Medic. Max healing = level before last wound. Receptient must be Hurt. If self 1 Health per pt.

Chases and combat

Gear Devil - Req. Drive/Pilot 8+. Narrative refreshes 3 pts to Drive/Pilot. 4 pts if well done. 1/Chase

Parkour - Req. Athletics 8+. Narrative refreshes 3 pts Athletics. 4 pts if well done. 1/foot chase

Invoking an investigative ability during a chase might give a partial refresh on chase ability

Martial Arts - Req. Hand-to-Hand/Weapons 8+. Narrative refreshes 3 pts to Hand-to-Hand/Weapons. 4 pts if well done. 1/fight

Technothriller Monologue - Req. Shooting 8+. Narrative refreshes 3 pts to Shooting. 4 pts if well done. 1/fight

Tactical Fact Finding - If GM added to (or before) cbt, finding a tactical fact gives a refresh in specified ability



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