FALSE SANITY (REVISED)

Any Sanity rating gained from Ongoing Psychoanalysis or the Denial process is now False Sanity.

The Pulp rule of Defeating the Mythos for regaining just pool points of Sanity does not change under this rule variant.

Ongoing Psychoanalysis
The amount of False Sanity gained through successful Ongoing Psychoanalysis is now (1d6 minus the patient’s current False Sanity rating) halved, rounded down to a minimum of 1.

The following is an example of an Ongoing Psychoanalysis gain with an investigator who begins the process with a Sanity rating of 4, of which 2 is currently False Sanity:

Completing the three contiguous Ongoing Psychoanalysis sessions successfully, the patient’s player rolls a d6 and scores 3. They subtract their current False Sanity of 2, resulting in 1, which is now halved and rounded down to 0. However a minimum of 1 always results. Their character sheet would now read:

Sanity Rating: 5
Of Which Is False: 3
Sanity Pool Points: 5

The standard Trail of Cthulhu rule for success at Ongoing Psychoanalysis is both game-world time-consuming (3 contiguous successful sessions at the start of each new scenario) and difficult (Stability must stay above zero during this entire process). You may wish to consider making this process easier (Stability does not have to remain above zero) and/or less time-consuming (require fewer Psychoanalysis sessions i.e. 2 or even just 1).

Denial
The amount of Sanity rating regained through Denial does not change under this rule variant, it remains at 1, but it is now classified as False Sanity.

An example of an investigator with a Sanity rating of 5, of which 0 is currently False Sanity, undergoing Denial would result in the following statistics:

Sanity Rating: 6
Of Which Is False: 1
Sanity Pool Points: 6

Stability Loss and False Sanity
Any time an investigator with False Sanity loses Stability pool points their False Sanity is threatened.

Whenever an investigator loses Stability pool points the player must roll a d6. Failure to roll over their current level of False Sanity means the loss of Stability has brought something hideous about the Mythos to the forefront that the investigator had buried in their subconscious. They lose 1 rating of False Sanity (and thus 1 pool point as well).

So, for the two examples above, their character sheets would now read:

Ongoing Psychoanalysis investigator:
Sanity Rating: 4
Of Which Is False: 2
Sanity Pool Points: 4

Denial investigator:
Sanity Rating: 5
Of Which Is False: 0
Sanity Pool Points: 5

Note that the 2nd example investigator now has no False Sanity remaining and would therefore not be liable for any further False Sanity losses if they lose further Stability pool points (unless they gain some more False Sanity in the future).

Sanity Loss and False Sanity
Whenever an investigator with False Sanity loses just pool points of Sanity but not rating (e.g. seeing a major Mythos entity or having a Mythos revelation) then their False Sanity may also be damaged, to a worse extent than by damage due to Stability loss.

Again, the player has to roll a d6 and score over their current level of False Sanity.

Failure means the Sanity loss has aligned badly with some suppressed Mythos knowledge and the investigator loses 2 rating and pool points of False Sanity as well as the Sanity pool point loss that caused this test die roll.

Example, an investigator starts with:
Sanity Rating: 7
Of Which Is False: 3
Sanity Pool Points: 7

They encounter Y’golonac and suffer a 2 Sanity pool point loss (according to the table of experiencing Mythos Entities on page 86 of the Trail of Cthulhu rulebook).

Under this rule variant the player must roll a d6 and hope to score over 3 (their current level of False Sanity). If they make the roll they only lose the 2 pool points of Sanity for beholding Y’golonac, resulting in the following:

Sanity Rating: 7
Of Which Is False: 3
Sanity Pool Points: 7

If they fail the roll, they lose the 2 pool points for seeing Y’golonac and lose 2 rating and pool points of False Sanity due to the encounter with the bloated misery-monster triggering some buried Mythos mental meme. The result:

Sanity Rating: 5
Of Which Is False: 1
Sanity Pool Points: 3

If the above rule demands an investigator lose 2 rating points of False Sanity but they only currently possess 1 False Sanity, then they only lose the 1 False Sanity rating i.e. the excess is not taken from their “real” Sanity.

Nota Bene
The standard rule of “Sanity rating can not exceed 10 minus Cthulhu Mythos rating” still applies under this rule variant, so adjust the amount of any False Sanity gain downwards, if necessary, to keep within the limit.

Very often Stability pool points are lost at the same time as Sanity pool points. In such cases only apply the “2 False Sanity loss” rule triggered by Sanity loss, rather than both that and the “1 False Sanity loss” rule triggered by Stability loss.

Any of the standard methods in the Trail of Cthulhu rules that damage Sanity e.g. becoming shaken by a Mythos encounter or spellcasting (1 rating), or becoming mind blasted by a Mythos encounter or spellcasting (-2 rating) affects “real” Sanity, not False Sanity. So if an investigator with these statistics:

Sanity Rating: 7
Of Which Is False: 3
Sanity Pool Points: 7

became mind blasted by the Mythos (-2 Sanity rating) then the result would be:

Sanity Rating: 5
Of Which Is False: 3
Sanity Pool Points: 5

Be sure to check if an investigator’s Sanity still supports their current number of Pillars of Sanity after each Sanity adjustment using this rule variant; crumbling a Pillar of Sanity may become an option for a player after False Sanity loss.

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