

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 classed 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 fore 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, but 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'gononac 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'gononac, resulting in the following:

Sanity Rating: 7
Of Which Is False: 3
Sanity Pool Points: 5

If they fail the roll, they lose the 2 **pool points** for seeing Y'gononac and lose 2 **rating** and **pool points** of **False Sanity** due to the encounter with the bloated misery-monger 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 rating** 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.

