Pillars of Sanity

Types of Pillar of Sanity

There are now four types of Pillar of Sanity:
- Moral Stance
- Treasured Symbol
- Person of Solace
- Place of Safety

A Moral Stance is a core belief of the investigator. It is an abstract concept and is identical to the type of Pillar of Sanity as defined in the Trail of Cthulhu Rulebook. An example would be "The purity of my bloodline."

A Treasured Symbol is a physical object that inspires or gives hope to the investigator. Examples could be the flag of the country of origin of the investigator, a photograph of their family or an object gifted by a close friend.

A Person of Solace is a living non-player character that is dear to the investigator, a photograph of the investigator. Examples could be:
- The investigator's parents, a close friend.
- A player character that is dear to the investigator, a photograph of the investigator. Examples could be:
  - the investigator they should define 1 Pillar, for 4 6 rating points they should define 2 and for 7 upwards they should define 3. Three Pillars of Sanity is the maximum number allowed for an investigator.

Thus for 1-3 rating points of Sanity they should define 1 Pillar, for 4-6 rating points they should define 2 and for 7 upwards they should define 3. Three Pillars of Sanity is the maximum number allowed for an investigator.

An investigator can only have one Place of Safety and one Moral Stance as Pillars of Sanity at any one time. An investigator does not have to have any particular type of Pillar if they so wish. Thus a player could choose three Treasured Symbols if they so desired.

If an investigator's Sanity rating falls such that it no longer supports the number of Pillars the investigator currently has, then the excess number of Pillars will "crumble" (player's choice). The player should explain why each crumbled Pillar no longer has any value to their investigator. There is no further Sanity or Stability penalty for crumbling a Pillar.

Investigators with no remaining Pillars of Sanity suffer a -1 difficulty penalty to Stability tests as per the standard Trail of Cthulhu Rulebook rule.

Regaining Lost Stability Pool Points via Pillars of Sanity

Pillars of Sanity can now be used to regain Stability pool points.

Each of the investigator's Pillars can be used once per game session to do this but they can only use one Pillar of each type in the same session.

To use their Moral Stance or a Treasured Symbol the investigator must be in a place of relative calm and safety and must spend a few minutes contemplating their core values or handling or viewing their Symbol. They will regain 1 (Symbol) or 2 (Stance) Stability pool points.

If an investigator can spend at least 6 hours visiting with, talking to or otherwise engaging in normal human interaction with their Person of Solace, without being under threat or placing their Person of Solace in danger, they may regain 2 lost pool points of Stability.

If an investigator can spend at least 24 hours at their Place of Safety without being under threat or drawing the Mythos to it they may regain 3 lost pool points of Stability.

An investigator can not regain Stability through their Pillars of Sanity if they are in a mind blasted state (Stability pool points < 6 or less).

Pillars of Sanity and Psychoanalysis

The processes of Psychological Triage and Ongoing Psychoanalysis are now affected by Pillars of Sanity.

The difficulty level for these tests is now [6 minus the number of Pillars of Sanity the patient possesses] instead of the standard test difficulty of 4.

Loss of Pillars of Sanity and Mental Damage

Pillars of Sanity can be lost in two ways: via Mythos corruption or in a mundane (non-Mythos related) manner.

Mundane Loss

A Moral Stance, because it is an abstract belief, is unlikely to be lost in this manner.

A Treasured Symbol could be misplaced or physically destroyed. A Person of Solace could die of natural causes or turn against the investigator. An investigator could be evicted from their Place of Safety or it could be demolished or become inaccessible.

Losing a Pillar of Sanity without the Mythos being involved causes the investigator to suffer Stability rating and pool point loss as per the amounts in the table above appropriate to the type of lost Pillar.

Loss involving the Mythos

If the investigator knows that the Mythos is involved in the loss of a Pillar (e.g. new Mythos knowledge proves a Moral Stance meaningless; a Mythos creature destroys a Treasured Symbol; the Mythos drives a Person of Solace insane or cultists desecrate a Place of Safety) then the investigator suffers Sanity and Stability rating and pool point loss appropriate to the lost Pillar type as shown in the table above under loss via the Mythos.

Pillars of Sanity and the Cthulhu Mythos Ability

Use of the Cthulhu Mythos ability is now not certain to cause loss of Stability and Sanity pool points.

The more Pillars of Sanity an investigator has, the greater a chance of protection against losing Stability and Sanity they have.

Upon use of the Cthulhu Mythos ability a test is made against difficulty 5 (the standard Mythos test difficulty). If the test is failed, the investigator loses pool points of Sanity and Stability depending on the difference between the test die result and the target difficulty according to the table below.

<table>
<thead>
<tr>
<th>Type of Pillar of Sanity</th>
<th>Mental Damage Through Loss</th>
<th>Stability Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mythos not involved</td>
<td>via the Mythos</td>
</tr>
<tr>
<td></td>
<td>Stability rating</td>
<td>Stability pool points</td>
</tr>
<tr>
<td>Moral Stance (e.g. family honour, truth of scientific knowledge)</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Treasured Symbol (e.g. a religious icon, a letter from a loved one)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Person of Solace (e.g. a war companion, a childhood friend)</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Place of Safety (e.g. the family homestead, a favoured holiday spot)</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

A player may (Pulp) / must (Purist) risk some or all of their investigator's Pillars of Sanity as a bonus to the test die roll.

For each Pillar they offer they receive a -1 bonus to the test die roll. Players must state which Pillars they are offering before rolling the test die.

If a test that has Pillars of Sanity backing it fails then the backing Pillars have been corrupted by the revelation the investigator has just received using the Cthulhu Mythos ability.

The Pillars are lost and the investigator suffers Sanity and Stability rating and pool point loss as per the amounts in the table above for loss of each Pillar via the Mythos. The player should offer an explanation for how the revelation has shattered each Pillar. Apply this Sanity and Stability loss instead of the pool point loss from the difference of the failed test die roll.

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