

**Existential Crisis and Dungeons** (inspired by: <https://www.youtube.com/watch?v=137Ei0C3Vdg>)

The Idea: Players are aspects of some mid-level office drone.

The Goal: In a given 24 hour period, don't kill yourself.

The Stats: Life score starts at 20 (cannot go higher). If it reaches zero, you kill yourself.

The Aspects to Play As:

**Libido:** You are the sex-drive-engine-machine. You can be low-energy or high-gear, but you are always there, on the lookout for intimate encounters.

Assets: Can appear more attractive to romantic partners than average. +1 on rolls vs. opposite sex. Doesn't work in situations described by Drawbacks.

Drawbacks: Inappropriate in the majority of circumstances. -4 on rolls in work environments, religious buildings, educational places (schools, etc.), medical environments. Ex: weddings are cool, but not during the ceremony.

Can Check: Intellectual Curiosity

Checked By: Ennui

**Intellectual Curiosity:** Rembrandt excites you. You are drawn to intelligence, pursuits of the mind, math or arts or whatever. Smarts are what you want.

Assets: Knowledge, brains, and smarts. +1 on rolls to determine current events, historical precedent, research, or similarly intellectual pursuit.

Drawbacks: Too nerdy. -4 on rolls vs. people you are trying to impress, distract, or seduce.

Can Check: Ennui

Checked By: Libido

**Ennui:** Alas, what has it all been for? You are sort of bored, more like listless though. Nothing in this world can kindle your spirits.

Assets: Can affect a total dissatisfaction with the universe (you don't care about me, I don't care about you). +1 to all rolls, unless depressed.

Drawbacks: Subject to crippling depression. At the beginning of any encounter, roll to resist depression. If you fail, -5 to your life score, and -5 to all subsequent rolls in the encounter.

Can Check: Libido

Checked By: Intellectual Curiosity

**Hunger** (optional): You gotta eat. You love to eat. This is your gut instinct, searching for the nearest Chipotle, or the authentic Brooklyn pizzeria.

Assets: Can feel better by bingeing on available foodstuffs. Once per encounter, you may roll to attempt a food binge. Success: +4 to your life score ( whip up a fancy meal). Failure: -2 to your life score (Hostess snack cakes from the vending machine).

Drawbacks: Overanxious about weight and body image. Whenever another person makes a personal comment about you, make a roll to resist depression, or -5 to your life score.

Can Check: Savagery

Checked By: Nostalgia

**Nostalgia** (optional): Back in the day, it was all better. You cannot help but endlessly reminisce. Simpler times, stronger values, happier things, etc.

Assets: Can appear worldly and knowledgeable about the past, and inspire nostalgia in others. +1 when making nostalgic comments.

Drawbacks: Prone to becoming depressed or upset by sudden small realizations of how far away the past really is. Whenever an artifact from 15+ years ago appears, roll to resist depression or -5 to your life score.

Can Check: Hunger

Checked By: Savagery

**Savagery** (optional +): Rawr! You are the animalistic drive within the person, full of savage bloodlust, feral tendencies, and wild, untameable passions. But you keep your barbarisms to a minimum...right?

Assets: Can conceal rage as vitriol. +1 in conversations where you are denigrating another person.

Drawbacks: May occasionally flip out. If your life score drops below 10, if Savagery is dominant, make a roll or destroy one object in the immediate vicinity. If your life score drops below 5, Savagery becomes dominant and must make a roll to avoid going on a shooting spree.

Can Check: Nostalgia

Checked By: Hunger

All aspects have 3 fate chips. At any point, any player may spend a fate chip to do one of the following:

- control another player's aspect for the duration of an encounter
- reroll a failed roll
- become the dominant aspect for a single action in an encounter
- add +4 to your life score

Every aspect can check a specific other aspect. Checking means preventing them from doing something that the player may see as harmful to the situation or your life score. However, everyone may only check another aspect **ONCE**. That's it. If an aspect's action is checked, it must attempt a more sensible action than the one it was about to commit.

Once your life score drops below 5, all aspects must behave substantially more irrationally, and demonstrate markedly exacerbated behavior.

Examples:

Libido (normal): "Buy you a drink?"

Libido (life score under 5): "I'm so fundamentally alone."

Hunger (normal): Eats chips and a burrito for lunch.

Hunger (LS<5): Skips a meeting to eat three burritos, back to back, for lunch.

All rolls are made on d20s, unless otherwise specified by the GM, who may change the dice-scale at any time.

Once you have assigned aspects to players, it's time to come up with the character! There are only 2 cemented rules for what this character must be:

1. Must work for some kind of company (you can decide what kind later) in a very banal position
2. Must not have an exceptional skillset (doesn't mean they can't be above average/good at something)

Beyond that, make it up! I like to use the MOD character prompts/generator: <http://intel.machineofdeath.net/>

How the Game Goes:

The 24 hour period can start and end at whatever times you desire, as long as it's continuous and congruous. Part of the day **MUST** be spent at work (and it must be a *significant* amount of time spent at work). Your game master (you should have one) decides what will fill the environment you enter, what kind of car you own, how terrible your studio apartment or closet-sized room is, etc. Remember: this is a game designed for you to lose. Your victory is surviving, a testament to the daily struggle against fear, self-loathing, and morbid tendencies.

Sample Settings/Scenarios:

- It's 10am. You're at your desk, and your coworker starts crying. You feel compelled to join him/her.
- After lunch, you're on the toilet, searching Reditt, and you realize that this will be the highlight of your day.
- You're an MFA student applying to twelve different fellowships, grants, positions, and residencies.
- You've just finished a book by Ayn Rand/Sylvia Plath/Adolf Hitler.
- A junior executive comes over to your desk and chats amicably with you, before they give you more work.

GOOD LUCK!