
Healing the Mind

“Memory sometimes makes merciful deletions.”

– H.P. Lovecraft, “The Case of Charles Dexter Ward”

Insanity, at least in this game, is generally caused by demons and beings from the darker dimensions forcing images and concepts too dark for human comprehension upon their victims’ minds.

If you have this greensheet, you have the ability to reach inside the minds of mortals and purge traces of these demonic thoughts. The closer to the surface and more prevalent these traces (i.e. the lower the target’s ψ) the easier this is; conversely, the stabler they are, the fewer traces of demonic influence there are, and the harder it gets to remove them and improve their ψ .

In order to improve someone’s ψ , they must be willing, and you need to spend a certain amount of time in ZoC of them and remain focused. Getting attacked (or stopped by another PC) or attempting to perform any other non-trivial mechanic will reset this timer.

If someone is already obviously insane (a ψ of 0), they do not need to be willing, and you need to only spend a 10-count to restore their sanity to 1.

Otherwise, ask them what their ψ is and wait an appropriate amount of time according to the below table. They should then increment their ψ by 1.

Current ψ	Time
0	10-count
1	30 seconds
2	30 seconds
3	1 minute
4	2 minutes
5	3 minutes
6	5 minutes
7+	10 minutes