SANITY TRACKER

INVESTIGATOR SANITY LOSS
TO THE MYTHOS HORRORS

ROBERT VANCE & PHILIP KEABLE



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CREDITS

Author

Robert Vance with Philip Keable

Sanity Tracker

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SANITY TRACKER

"We live on a placid island of ignorance in the midst of black seas of infinity, and it was not meant that we should voyage far."

- H.P. Lovecraft, The Call of Cthulhu

INTRODUCTION

Call of Cthulhu is a game of cosmic horror where intrepid investigators pit themselves against entities and powers that literally shred the fragile sanity of the mere humans who face them.



Yet despite this inexorable descent into madness, there are times when the horrors faced lessen a little as the investigators start 'getting used to the awfulness' – see *Call of Cthulhu Rulebook* (7th Edition) page 169. Essentially when an investigator has seen a horror to its full extent – assuming they don't lose their sanity altogether – then additional instances of the same horrors do not impact their sanity any further.

"For instance, no investigator could lose more than 6 Sanity points for encountering deep ones (0/1D6 SAN), even if a hundred of them were to be seen at once."

SANITY TRACKER SHEETS

Tracking an investigator's sanity is straightforward enough using the standard investigator character sheets. However, this does not track the cumulative number of Sanity points lost to any specific entity or situation the investigators may encounter.

Therefore to make this tracking easier this supplement has *Sanity Tracker* sheets intended to simplify recording the loss of sanity to any given type of Mythos entity or horrific situation.

Two versions of the sheets for 1920s and modern era investigators are included.

- 1920s era investigator plain background.
- 1920s era investigator parchment background.
- Modern era investigator plain background.
- Modern era investigator graphpaper background.

The entries on the sanity tracker sheets are grouped in the same way as the Mythos entities in *Chapter 14: Monsters, Beasts, and Alien Gods* of the *Call of Cthulhu Rulebook* (7th Edition). Additionally a number of sanity losses from *Chapter 8: Sanity* page 155 are listed.

- 1. Mythos Monsters.
- 2. Deities of the Mythos.
- 3. Traditional Horrors.
- 4. Other Horrors.

Several blank entries have also been provided for you to track further horrors that your investigators may come across.



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	1920s ERA INVESTICATOR		Azathoth	
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No.	Name:		Chaugnar Faugn	
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	Mythos Monsters	Sanity Lost	Great Cthulhu	
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	Chthonians		Daoloth	
	Colours Out of Space		Eihort	
/ }	Crawling One		Ghatanothoa	
(I	Dagon		Gla'aki	
Ī	Hydra		Hastur the Unnameable	i
	Dark Young		Ithaqua	3
	Deep One		King in Yellow, Avatar of Hastur	
	Deep One Hybrid		Nyarlathotep	2 1
	Dhole	1	Nyogtha	
	Dimensional Shambler		Rhan-Tegoth	
	Elder Thing	9	Shub-Niggurath	3 3
	Fire Vampire		Shudde M'ell	
	Flying Polyp	·	Tsathoggua	(
	Formless Spawn		Tulzscha	
	Ghast		Ubbo-Sathla	
	Ghoul		Ubbo-Sathla, Spawn of	3
	Gla'aki, Servant of		Y'golonac	
	Gnoph-Keh		Yibb-Tstll	
	Great Race of Yith		Yig	3
	Hounds of Tindalos		Yog-Sothoth	
	Hunting Horror		Zoth-Ommog	
	Lloigor		Ö	
	Mi-Go, the Fungi from Yuggoth	2	Traditional Horrors	Sanity Lost
	Nightgaunt		Ghost	,
1	Rat-Thing		Mummy	
	Sand-Dweller		Skeleton, human	
	Serpent People		Vampire	
	Servitor of the Outer Gods		Werewolf	
	Shaggai, Insects from		Zombie	
4	Shantak			
	Shoggoth		Other Horrors	Sanity Lost
\	Shoggoth Lord		Mangled animal carcass	
/	Star-Spawn of Cthulhu		Corpse or body part	
	Star Vampire		Mangled human corpse	
	Tcho-Tcho		Witness a friend's violent death	
			Meet someone you know to be dead	({}^{5}
	Deities of the Mythos	Sanity Lost	Undergo severe torture	13
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Dimensional Shambler		Rhan-Tegoth	
Elder Thing		Shub-Niggurath	
Fire Vampire		Shudde M'ell	AND AND A
Flying Polyp		Tsathoggua	20.00
Formless Spawn		Tulzscha	
Ghast		Ubbo-Sathla	100
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Hunting Horror	100	Zoth-Ommog	
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Mi-Go, the Fungi from Yuggoth		Traditional Horrors	Sanity Lost
Nightgaunt		Chost	
Rat-Thing	A CONTRACTOR	Mummy	
Sand-Dweller	1	Skeleton, human	1000
Serpent People		Vampire	
Servitor of the Outer Gods		Werewolf	
Shaggai, Insects from		Zombie	
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Star-Spawn of Cthulhu		Corpse or body part	- Total (1)
Star Vampire Tcho-Tcho		Mangled human corpse	
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Deities of the Mythos	Sanity Lost	Undergo severe torture	

MODERN ERA INVESTIGATOR

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		Cthugha	
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Byakhee	,	Cyaegha	
Chthonians		Daoloth	
Colours Out of Space		Eihort	
Crawling One		Ghatanothoa	
Dagon		Gla'aki	
Hydra		Hastur the Unnameable	
Dark Young		Ithaqua	
Deep One		King in Yellow, Avatar of Hastur	
Deep One Hybrid		Nyarlathotep	
Dhole Tybrid		Nyogtha	
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Elder Thing		Shub-Niggurath	
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Flying Polyp		Tsathoggua	
Formless Spawn		Tulzscha	
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Gla'aki, Servant of		Ubbo–Sathla, Spawn of Y'golonac	-
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Nightgaunt		Ghost	
Rat-Thing		Mummy	
Sand-Dweller		Skeleton, human	
Serpent People		Vampire	
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Star Vampire		Mangled human corpse	
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