

| | Backstory element |
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| 1 | You got into a confrontation with a bully who was way tougher than you. Did you fight (+2 to hit vs higher level enemies) or flee? (+1 to fleeing rolls) |
| 2 | Your mother was dying of a terrible illness. Did you try to find a medical cure (+1 First Aid) or turn to darker and more ancient methods? (+1 to Arcana) |
| 3 | You moved away from where you grew up. Did you move into the city (+2 Cha) or away from it? (+2 Con) |
| 4 | Your father had a dangerous job. Did he do it to help people (+1 to selfless acts) or for profit? (once per session, obtain a gold coin by some means) |
| 5 | A theatrical troupe came through your town. Did you try to run off and join them (+1 to reaction rolls with outsiders, troupes and other itinerants) or help run them out of town? (Once per session, force a morale check to fail) |
| 6 | You had a good set of friends when you were younger. Were you the leader (give an order to someone once per round, if they obey they get +1 to their action) or a devoted follower? (+X to actions that at least two others have succeeded at this round/turn, +1 per success) |
| 7 | You were gravely insulted. Did you fight them then and there (+2 Str) or get your revenge later? (+2 Int) |
| 8 | Your grandparents were always very religious. Did you follow their example (double benefits from your religious denomination) or turn your back on them? (Apostate to grandparents denomination, Cleric spells from that denomination have halved impact on you) |
| 9 | Something made you question your faith. Did you reaffirm your faith (+1 to beneficial cleric effects) or abandon it? (+1 to beneficial magical effects) |
| 10 | You thought your first love would last forever. Did they break it off (Whenever you carouse you may gain a local contact of your sexual preference until you leave town) or did you? (+1 HD of health for the rest of the session when you break a lover's heart) |
| 11 | You found a wounded dog. Did you take him home (unbreakable beast morale) or find someone else to take care of him? (+1 henchman morale) |
| 12 | Someone close to you died too young. Did you blame yourself (When someone dies nearby, you can take a crit from whatever killed them to make them unconscious instead) or curse the one who did this to them? (Deal double damage against creatures that killed a PC this session) |
| 13 | You stole something valuable. Did you get off scot-free (+1 Sleight of Hand) or get ratted out? (Save Vs Law to tell if someone is planning to betray you) |
| 14 | You killed somebody when you were young. Did you mean to do it (Once per session, mark an enemy to add +2 to your crit range against it) or was it accidental? (Allies cannot be harmed by your Fumbles) |
| 15 | They were lynching someone who nobody liked. Did you step in (Can give up your go to protect someone, taking half the damage that would have hit them) or join in? (Bonus to hit equal to number of allies surrounding an enemy) |
| 16 | You were being hunted by someone horrible. Did you manage to hide from them (+1 Stealth) or did they find you? (Double first fleeing roll after failing a Stealth check) |
| 17 | The house of someone you hated was burning down. Did you try to help (immune to being set on fire) or let the place burn to the ground (enemies you set on fire start at 2d4 fire dice). |
| 18 | Something went horribly wrong. Did you try to fix it before it got worse (+1 to actions taken to salvage a situation that's just gone horribly wrong) or step back and deal with the fallout afterwards? (One time, survive the results of a cataclysmic failure) |
| 19 | You'd planned it out perfectly, and tonight was the night. Did things go just as planned (declare that you're doing heist planning, and you can flashback to the heist planning scene) or fall spectacularly apart? (+2 to AC and Saves for ten minutes when a plan goes awry). |
| 20 | You were born under a great omen. Was it an omen of hope (Once, cause someone else to somehow survive something that should have killed them) or an omen of doom? (You gain +1 HD of health for the rest of the session every time a PC dies) |
| 21 | One of your parents was an alcoholic. Were they an angry drunk (+2 Dex) or a depressed one? (+2 Con) |
| 22 | You once quit a substance cold turkey. Was this on purpose (immune to drugs) or because you were forced to? (drug effects are doubled) |
| 23 | There was a scary old woman who lived in a scary old house. Did you avoid it like the others (supernatural threats will not prioritise you) or go up and knock on the door? (+1 to do things everyone says is a bad idea) |
| 24 | You did something incredibly reckless and impressive. Was it to prove your bravery (+2 Str) or because you were egged on by others? (+2 Dex) |
| 25 | You nearly died doing something stupid. Did you survive by pure luck (Free reroll once per session, but take the new result) or because you saw it just in time? (+1 Awareness) |

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| 26 | You pissed off someone powerful. Did you confront them (At will, force a creature to prioritise you) or talk them down? (Once per session, de-escalate a verbal confrontation) |
| 27 | You got in a fight with a lifelong friend. Did you apologise and make up (Gain a good friend in the town or city of your choice, one use) or fall out with them forever? (It turns out that somebody you don't know here is your estranged buddy, "wait, JOHN?!", up to you whether you've forgiven each other by now, one use) |
| 28 | A partner left you for someone else. Was your revenge petty (Once per round, deal one damage to the creature that just hit you) or brutally honest? (Deal an automatic crit against the creature that first takes you to OHP in a session) |
| 29 | You have a secret that nobody knows. Is it embarrassing (Once per session, tell a new embarrassing anecdote that actually happened to you or your character to reroll a failed roll) or horrifying? (Once per session, force a morale check by telling people a new horrifying anecdote that actually happened to you) |
| 30 | You're in love with someone in the party. Is it requited (Each gets +2 to hit enemies who've damaged the other) or a secret crush? (if your crush would be damaged in combat, you can jump in the way and take double the damage instead). If they die or aren't at the session, you can choose a new partner with their consent and making up a suitably dramatic between-sessions scenario. |
| 31 | You've grown to be close friends with someone in the party. Are you buddies (+1 to each other's rolls when next to each other) or friendly rivals? (When they roll the maximum success on something, you get +4 to do the same thing). If they die or aren't at the session, you can choose a new friend by making up a suitably dramatic scenario. |
| 32 | You owe someone in the party a great debt. Did they save your life (Once per session while they're nearby, drop to OHP to cancel any death dice they have accrued) or your soul? (+2 to saves vs chaotic magic when they're nearby). If they die or aren't at the session, you can choose a new person by recounting a suitable story about your history together. |
| 33 | You were embarrassed in front of all your friends. Did you make a graceful exit (+2 Wis) or cause a scene? (+2 Cha) |
| 34 | You ran away from home. Did you come back on your own (+2 Wis) or did they have to bring you back by force? (+2 Str) |
| 35 | It was the hottest summer anyone could remember. Did you go outside out into the baking sun (+2 Con) or stay in the shade? (+2 Wis) |
| 36 | It was a cold cold winter and people were suffering. Did you give what little you could (When eating to heal, can grant your healing to someone else instead) or hoard it all to ensure your survival? (You can eat two rations instead of one when you take a break) |
| 37 | Suddenly nobody had enough to eat. Did you share what there was evenly (everyone gets +1 HP from eating to heal when you're around) or give a little more to those most in need? (people gain double HP from food you've given them) |
| 38 | There was a raging flood. Were you able to save the most precious thing (Once per session, when something you own is going to be broken or lost, get it back by some means) or was it all washed away? (Any time something of yours is accidentally lost or broken, automatically pass the next save you roll in the session) |
| 39 | Violent men demanded tribute. Did you give them what they wanted (People will leave you alone if you cave to their demands) or did they take it by force? (+2 to hit people who've taken something from you) |
| 40 | A tyrant came into power. Did you join the resistance (+2 to hit kings, leaders, tyrants, and similar) or obey the tyrant for personal gain? (+2 to Reaction Rolls with kings, leaders, tyrants, and similar) |
| 41 | You fell in love with someone you shouldn't have. Were you prevented from being with them by age (+2 AC when protecting someone younger/older than you, depending on backstory details) or by honour? (+2 AC until you commit a dishonourable act per session) |
| 42 | You shouldn't have kissed them. Did they make the first move (Once per session, cause someone to make a romantic advance on you) or did you? (+1 HD of health for the rest of the session if you successfully romance someone) |
| 43 | You had to build a wall. Was it to keep something out (One per session, prevent something from breaking a barrier or fortification) or to keep something in? (Once per session, something you've plausibly trapped won't escape this session) |
| 44 | You were starving to death. Did you eat the bread the beggar dropped (maximum healing when eating to heal) or give it back to them? (+1 to reaction rolls with the destitute) |
| 45 | You were destitute. Did you turn to begging (+2 Cha) or to petty crime? (+2 Dex) |
| 46 | They were completely obsessed with you. Did you feel adored (Your henchmen are immune to morale) or afraid? (If an enemy has an equal choice of who to attack, they won't target you). |
| 47 | You suddenly had a lot of money. Did you give generously (+2 Cha) or spend it all on yourself? (+2 Int) |
| 48 | You really respect someone in the party. Are they your idol (When they succeed at something, you get +2 to do the same thing) or your mentor? (At the start of the session, pick one of their skills. You can use their skill value for rolls as long as you're close enough to see and hear them). If they die or aren't at the session, choose a new person by regaling us with why you respect them. |
| 49 | You were about to die. Did you calmly accept your fate (Never Tempt Fate while unconscious) or rage against the dying of the light? (+2 vs when you Tempt Fate) |

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| 50 | You lost an argument with someone in the party. Was it about a choice they made (When they pass a save, you can automatically pass your next save against the same thing) or one you made? (When you fail a save, they can automatically pass their next save against the same thing). If they die or aren't at the session, choose a new person by telling us about this new argument. |
| 51 | You went to a party against your better judgement. Were you the life of the party (You party like a Barbarian. If already a Barbarian, you party like two Barbarians!) or did they laugh at you? (double exp from carousing when you fail your save vs consequences). |
| 52 | You did something you'd sworn never to do. Were they disappointed (Each session you can cause yourself to automatically pass an attack, a save and/or a skill check. Once each. You get -2 to that type of roll for the rest of the session) or impressed? (Each session get +2 to your first attack, save, and skill check that session) |
| 53 | You got married. Was it for love (+2 Wis) or for money? (+2 Int). Where are they now? |
| 54 | Strangers wanted to enter your town. Did you accept them (+2 Con) or scare them away? (+2 Str) |
| 55 | There was a great tragedy. Was it due to something you did (When your actions result in the death of someone you've known for at least 3 sessions, gain +2 to hit for ten minutes) or something you said? (Whenever your attempts at diplomacy fail, gain +2 AC for ten minutes) |
| 56 | You were at a marvellous feast. Were you a guest of honour (+2 to reaction rolls while at a large social event) or did you come uninvited? (Once per session, somehow gain access to a large social event) |
| 57 | The music was great and the audience was going wild. Were you a player (+1 Music) or in the crowd? (When someone succeeds at a Music roll near you, gain +2 to rolls) |
| 58 | You got washed away. Did this make you love the water (+1 Piloting) or fear it? (+2 to saves when nowhere near open water) |
| 59 | You were very overweight. Was this because you loved food (+2 HP when eating to heal) or because you loved booze? (+1 AC for ten minutes after downing alcohol) |
| 60 | You lost a lot of money. Was it gambled (+1 to Gambit attempts) or stolen? (Once per session, somehow work out the general location of something that used to belong to you) |
| 61 | You were horribly lost. Did you stumble into a helpful stranger (once per session meet a helpful stranger) or did you find your own way back days later? (+1 Bushcraft) |
| 62 | Tensions were building and something had to snap. Did you fight them (+2 Str) or fuck them? (+2 Cha) |
| 63 | It was the most delicious thing they'd ever tasted. Did you make it yourself (+2 Dex) or take the credit? (+2 Int) |
| 64 | You got punished for something that wasn't your fault. Were you set up (Take half damage from traps another player set off) or did you intentionally take the fall? (When somebody is about to receive Death Tokens, somehow get in the way. They accrue tokens and roll dice as if they'd taken the hit, but you take the total result as damage instead.) |
| 65 | You were meant to be looking after them, but when you turned around they were gone. Were you the one who found them alive (Once per session, stumble across someone who ran away from you this session) or the one who was blamed for their death? (If a henchman dies under your command, gain +2 to saves for the rest of the session) |
| 66 | You were protecting something important. Did you break it accidentally (whenever a weapon or armour breaks, you can take a free action) or on purpose? (You can willingly destroy a weapon to hit automatically) |
| 67 | Eyes always turned to follow you. Was it due to your style (+1 to reaction rolls when you're wearing clean, stylish clothes) or your stench? (+1 AC when you're covered in filth) |
| 68 | You fell into a hole and couldn't get out. Did your brother save you (You may grant people next to you a reroll to prevent falling) or shove you in? (If you fall, you can always pass your Climb check to catch hold of the edge) |
| 69 | You knew it was wrong but it felt so right. Did you hold yourself back (+1 to AC if you don't engage in the first round of combat) or do it again the next night? (+1 when you repeat a successful action) |
| 70 | They asked you to do something against the law. Did you go through with it (+1 to hit guards, soldiers, and other forces of the law) or turn them in? (+1 to hit thieves, criminals, and other shady professionals) |
| 71 | You were scared of the dark. Was it because you didn't know what was out there (+1 AC while in pitch blackness) or because you did? (+2 Awareness in pitch blackness) |
| 72 | You could have stopped them, but you didn't. Was it out of hatred (double damage to creatures that killed a friend) or for justice? (+2 to hit against creatures who you witnessed harm innocents this session) |
| 73 | They definitely deserved the punishment, but it was you who did the deed. Did you keep silent and let them get what was coming to them (Heal 1HP whenever an attack that could have randomly hit you hits someone else) or finally admit your guilt when they started to scream? (Can force randomly targetted attacks to target you) |
| 74 | If they had known what you knew, they'd have known it had to be done. Was it over quickly (+1 die size for damage on your first successful attack on something) or did they suffer? (Once per session, someone you've hurt must answer one question truthfully) |

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| 75 | You knew they didn't mean it, but that didn't mean it didn't hurt. Did you make them hurt just as much (Once per session, deal as much damage as you just took to your attacker) or bury your pain way down inside? (Once per session, cancel all Pain dice you currently have. You can use each of them once this session to add to any other roll) |
| 76 | You saved others from an ambush. Did you shield them from harm (when you're in the front row of the marching order, the party gets +2 AC when caught in a Surprise Round) or command the counterattack? (when you're at the back of the marching order, the party gains +2 to first round initiative) |
| 77 | You were invited into a secret society. Are you still a member (Once per session, find a trustworthy society contact in a city) or were you to blame for its downfall? (+1 to hit versus leaders) |
| 78 | You gained a position of prestige and power. Did you abuse that power (+2 Int) or get betrayed by someone you thought you could trust? (+2 Con) |
| 79 | You had a baby with someone. Are they being looked after by another (Next character can be your child, starts with half your level) or did they die tragically? (Name the location of your child's grave. When you show a PC your child's grave for the first time, you both gain 100*your level bonus exp) |
| 80 | It was the best moment of your life. Was it because you'd worked for it yourself (+1 to rolls when you are alone) or because somebody loved you so so much? (Once per session, cause someone who trusts you to pass all morale and fear checks for the next ten minutes) |
| 81 | You saw the face at the window. Did you open the window to let her in (Once per session, replace a random encounter with the least threatening thing on the local encounter table) or was it the terrible thing that had followed you home? (Once per session, cause the most terrible threat on the local encounter table to show up somehow) |
| 82 | You had a beautiful garden. Was this due to your green thumb (+2 to reaction rolls with intelligent plants, fungi, and other flora) or the offerings you left on the doorstep? (+2 to reaction rolls with Elves and other fae creatures) |
| 83 | You tried to help them but it was too late. Was it because they disregarded your advice (Get a reroll against fallout of someone disregarding your advice) or because you were too slow to save them? (Once per session, when someone is knocked down to OHP, get to their side in a single round by some means) |
| 84 | You could tell by their expression that the news wasn't good. Did you lose out on what you'd strived for (Can improve your next d20 roll by 1d4 but if you fail you take that in damage) or had someone you loved been harmed? (Whenever a PC dies, you become immune to death for one round per level of the dead. You take damage and death crits as normal, they just won't affect you until this effect wears off) |
| 85 | You knew something was wrong, but nobody would tell you what it was. Was it to protect themselves (Whenever you roll the worst possible failure on a roll, other PCs gain +1 AC for one round) or to save you from embarrassment? (Whenever you roll the worst possible failure on a roll, other PCs heal 1HP) |
| 86 | He was on his deathbed and beckoned you over. Did he tell you the secret that shattered your world forever (+2 Wis) or did you grant his final request for a painless death? (+2 Dex) |
| 87 | You knew you were slowing them down. Did you tell them to go on without you (When fleeing can give your flee die result to someone else) or get left behind? (+1 to fleeing rolls of people in front of you) |
| 88 | It was the best prank anyone had ever pulled. Did it hinge on a device you created (+1 Tinkering) or on a brilliant deception (Once per session, someone totally believes a plausible lie) |
| 89 | You should never have climbed so high. Did you climb down carefully (+1 Climb) or fall and get badly hurt (take half damage from falls) |
| 90 | You had a surprising turn of good luck. Did it last (Once per session, treat a die as if it rolled its highest value) or did karma take its toll? (After you fail a roll, +1 to your next roll) |
| 91 | You bumped into an old acquaintance on the street. Did they startle and try to run (Once per session, cause someone you've met before to run away from you as fast as possible for a round) or laugh in your face? (Once per session, force someone you've met before not to act for a round) |
| 92 | After that, everything changed. If you could go back would you change what you did (get a take-back once per session, undo what you did and do something else instead) or do it all again? (re-take an action and reroll any rolls once per session) |
| 93 | You met with them in a secret place. Did you give them one last kiss before you left forever (When you first kiss a willing person, gain +1 HP/level for the rest of the session) or make an important deal? (When you make a deal with an adversary, gain +1 on reaction rolls for the rest of the session) |
| 94 | You were cowering but they just kept hitting you. Did one of them take pity and stop the others (enemies leave you to last when you go down) or did you seize an opportunity and escape? (Don't roll to pass out when fleeing) |
| 95 | They were pleading for their life. Did you listen (Once per session, ask someone you just took to OHP a question which they must answer truthfully) or put them out of their misery? (When you strike the killing blow on a creature, heal 1HP for each of their HD) |

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| 96 | You knew that no matter what you chose, it would hurt them. Did you do what was right (If you do something noble or righteous, gain +1 to your next roll) or what was easiest? (If you take a cowardly option that likely harms others, get +1 to your next roll) |
| 97 | He never told you his name, but he changed your life forever. Did he come from outside the country (+1 Languages) or from beneath it? (+1 to reaction rolls with subterranean beings) |
| 98 | It couldn't have been a worse birthday. Was it due to a gift you were given (Check the game date. On this date every game year, and this date every real year, and on your real birthday, obtain 10 gold by some means. Exp is gained from it as normal) or someone who was there? (Check the game date. On this date every game year, and this date every real year, and on your real birthday, a known ally of your choice shows up at the start of the session) |
| 99 | It was a great night out until the law showed up. Were you with the cops (once per session cause whatever the most likely form of whoever "the guards" are to show up) or were you one of the instigators? (once per session cause everything to absolutely go to shit in an unexpected way. 1d6: 1-2, good for enemies, 3-4, bad for everyone, 5-6, good for you) |
| 100 | You investigated the fallen star. Did you hear it speak inside your mind (once per session, cast a random spell) or let the thing inside slither away? (once per session, induce crippling fear in someone who sees something horrible behind you) |

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| d20/d | Mentor Backstory |
| 101 | Your mentor said they knew your family, your parents. Did your mentor speak of fond memories and old exploits (gain a second generic mentor class ability from whatever class your parents might have been) or with a sly wink and a parental pat on the back? (Your mentor will rescue you and the party from any dire situation - one use only) |
| 102 | Your training was tough, did you learn to defeat your enemies (+1 to hit against your 'enemies', player must specify ie werewolves, angels) or your mentor themselves? (+2 damage against NPCs of your mentor's class) |
| 103 | The battle went badly, fellow students died, it was brutal and you would have died too if it weren't for your mentor, when your time comes you are resolved to; go out fighting (ignore the first pronouncement of your character's death on the death and dying table) or that you would never let it happen to you (never tempt fate when crawling or limping away to escape - if you are a barbarian, grant this ability to one friendly PC you would fight to protect). |
| 104 | You solved your mentor's challenge in a way they did not expect, did you use brute force (+1 strength) or a clever trick (+1 dexterity)? |
| 105 | During your tutelage, you quickly learnt it was better to protect your head (you are always able to find something to protect your head if you lose your helmet) or your heart? (Automatically reduce bleed tokens by 1 a turn) |
| 106 | You and your mentor were taken captive, did you escape via your wily resourcefulness (always find an item to aid in escape when imprisoned - no keys) or did you betray your mentor? (The rest of the party gain 300XP* your level each if you elect to join the enemy and become an NPC) |
| 107 | Did you seek out your mentor (+2 reactions when talking with retired player characters or their factions) or did you stumble upon them? (Once per dungeon, replace a random encounter with a hapless level 0 NPC) |
| 108 | Under your mentor's tutelage what motivated you best? The carrot (+1 cha) or the stick (+1 con)? |
| 109 | Your mentor's other students had strong opinions of you, did they mock your constant failures (when you critically fail an attack, grant a fellow PC an automatic critical hit) or begrudge your wunderkind prodigy? (When you critically hit an enemy, that enemy's next attack is an automatic critical failure) |
| 110 | Your mentor gave you the best piece of advice you had ever received, did you understand immediately and apply the advice to your life (+1 Int) or understand its true meaning when it was too late? (+1 wis) |
| 111 | After long sessions of tutelage, would you relax by reading a good book (roll for a random book, choosing whether or not to reroll POWERLAD novels, you have this book memorised and can read it as if your character possesses it) or by having a good night out? (When you fail carousing roll twice and take the preferred result - you can also elect to fail your carousing roll) |
| 112 | Another great ex-adventurer tried to poach you from your mentor, did you go with them (gain an extra bonus ability from the mentor that poached you but all subsequent mentor backstory rolls involve that mentor character) or remain loyal? (gain an extra mentor ability from your current mentor) |
| 113 | You were about to be thrown out of your training, how did you prove your worth and stay? Did you go on a physical and spiritual quest of self-reflection and discovery (reroll total HD until you get a result higher than your current total HP, keeping that new, higher HP score) or did you just start giving a shit? (reroll your lowest stat using 3d6, if it is higher keep the new score, if it is lower move on to your next lowest stat and repeat, stopping after one stat has been improved) |
| 114 | Your tutelage was tough, did you shed a lot of blood (when you are critically hit, or when you critically hit an enemy, elect to create a big pool of slippery blood under yourself or your enemy respectively), sweat (make saving throws vs weather/travel induced exhaustion every watch) or tears (automatically reduce pain tokens by 1 per round) |
| 115 | Your mentor had many students of many different classes to your own. Which kind of student did you learn the most from? Spell-Casters (give a spell-casting PC an extra point of mana once per session) or Fighting-types? (upgrade a fighter-type PC's successful attack to a critical hit once per session). |
| 116 | The adventure had gone wrong, you and your mentor were stuck/lost/ trapped and worse - starving. Did you learn to cook the inedible (DM must ignore one disgusting ingredient when being describing the meal) or develop a keen sense of taste for what's good and bad (try a tiny amount of a substance to know its effects) |

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| 117 | On one adventure you and your mentor encountered something weird, otherworldly and incredibly dangerous. Did you engage it in dramatic battle (from now on when you level up roll one die size higher for HP than your class would normally allow) or did you succumb to its odd influence? (save vs law to change your alignment to one of your choosing, this can be done at will) |
| 118 | Were you a studious, unquestioning trainee (gain 2 skill points in a skill of the DM's choosing) or did you follow your own interests (gain 1 extra skill point in any skill of your choosing) |
| 119 | You travelled extensively with your mentor, did you learn everything you could? (point at an area of the world map you are interested in, this is where you travelled, the DM will give you a potted summary of what this place is like and a 1500xp reward per player if you travel there again) or look for ways to get rich? (point to a region of the world map, the DM will tell you the location of a dungeon in that area. If you delve that dungeon, all treasure you find in it is doubled) |
| 120 | Your training had come to an end. Did your Mentor give you their blessing (when targeted by a spell-caster's spell, save vs doom to make the caster chaos burst instead) or curse you to a horrible fate? (when you die, roll on the cosmic horror table) |

Retiree ->

Activity

Roaming

Settled Down

Location

Nearby

Far Away

Status

Interfering

Observing

Goals/Plans