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During this last season your sleep has been plagued by unsettling dreams; Jolting from them with a surging horror, their contents were lost to the fraying of memory that waking brings - at least at first. Over time, this pall of oppression has grown and with this developing sensation of existential fear, glimpses into the contents of your sleeping mind have been revealed to you: burning snowfields in Skarsind, littered with the crackling wreckage of your kinfolk's halls; creeping, predatory creatures - parodies of orcs in blue tatters burning as they seek to devour loved ones long-dead; sensations of being frozen, chained with a blind, frenzied fear as the fires fade and darkness grows. These revealed nightmares are unified in the growing sense of frustration they leave you feeling - as though you could have done something, if only you were not held back, not betrayed...

Role-playing Effect if applicable:

- Your character has suffered a disturbance to their dreams during the previous season.