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All through the last season you have frequently struggled with unsettling dreams. They lurk at the edge of memory upon waking - the dark shape of their horror being glimpsed throughout the day in seemingly innocuous moments. As time has gone on, you have begun to remember more coherent fragments of these dreams: memories of icy expanses littered with the burning wreckage of your home; of nine wolves collared by choking crowns tearing your loved ones apart; of being bound in heavy chains of debilitating hunger, only able to struggle as shadowy parodies of your enemies your thoughts away. Whatever the fresh fear is that lodges in your memory each morning, it has slowly added to a growing, gnawing dread and frustration - to break free and fight back.

Role-playing Effect if applicable:

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