HUMANITY AND MAGIC
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The following is an official Fate Core rules supplement, created for Alex Corbett as part of a Fate Core Kickstarter commission. It deals with the perils of using magic, and how you can lose your humanity and become one of the fae.

HUMANITY

Humanity is a stress track, a bit like your physical and mental stress tracks. It represents how human you are; the more you use magic and exposure to it, the more your humanity seeps out of your body and the more fae you become.

All human beings have a humanity stress track with three boxes: a 1-stress, 2-stress, and 3-stress box. Nobody starts out more or less human than anyone else, so there are no modifiers to this track. Nothing can make you more human, using magic can only make you less human.

INFRACTIONS

You take humanity stress when you commit infractions. Infractions are things that run counter to what defines being human: namely, using magic and exposing yourself to magic. Magic is fundamentally of another world, the fae world, and in using it, your humanity is leeched from you.

There are three kinds of infractions.

- **Minor infractions** don’t sap your humanity right away, but they do add up over time, a death of a thousand cuts. Small, weak spells are minor infractions. When you light a candle with magic, or send your words to someone on the other side of town by breathing them into the wind, or spend a short time (a few hours) in a place saturated with magic or a long time (a week or so) in a place with a higher-than-normal baseline level of magic, you’re committing a minor infraction.

- **A major infraction** is a much bigger deal. Are you hurling around elemental forces? Harnessing the power of a stone circle? Altering the weather? Changing your shape? Then you’re committing a major infraction.

- **Extreme infractions** are as big as it gets. Did you consume the spirit of a fae lord? Turn an entire city to glass? Step between worlds? These are extreme infractions.

When you hit a minor milestone, ask the player(s) a question: “Have you committed a lot of minor infractions since the last milestone?” If yes, you take a 1-stress hit to your humanity.
When you commit a major infraction, take a 1-, 2-, or 3-stress hit then and there; the GM determines the severity of your major infraction. You take a hit every time you commit a major infraction, not just at a milestone.

When you commit an extreme infraction, don’t even bother with stress; you take a consequence representing your infraction. The GM gets to determine the severity of the consequence (minor, moderate, or severe) based on the severity of the infraction.

**CONSEQUENCES AND RECOVERY**

Humanity does not get its own consequence slots; it uses the same slots as physical and mental consequences. When you take a humanity consequence, name it appropriately and put a star next to it to highlight the fact that it’s a humanity consequence. Humanity stress and consequences don’t recover in quite the same way as regular stress and consequence.

To recover from humanity stress or consequences, you must atone. When you atone, you’re performing actions discordant to your growing fae nature. Abstaining from using or exposing yourself to magic between milestones counts as atonement, as does destroying the workings of magic with logic or science.

When a player hits a milestone, ask them: “Have I atoned properly for my transgressions?” If yes, then clear all of your humanity stress boxes and elect one consequence to recover from. Erase the star next to that consequence, and name it something that indicates recovery. It now recovers as any other consequence of its level.

**GETTING TAKEN OUT**

When you’re taken out by humanity stress, you’ve lost your humanity altogether and become one of the fae. Maybe you can be redeemed. Maybe. But probably not. Maybe your GM lets you play as a fae, maybe your character becomes an NPC and you have to make a new one.