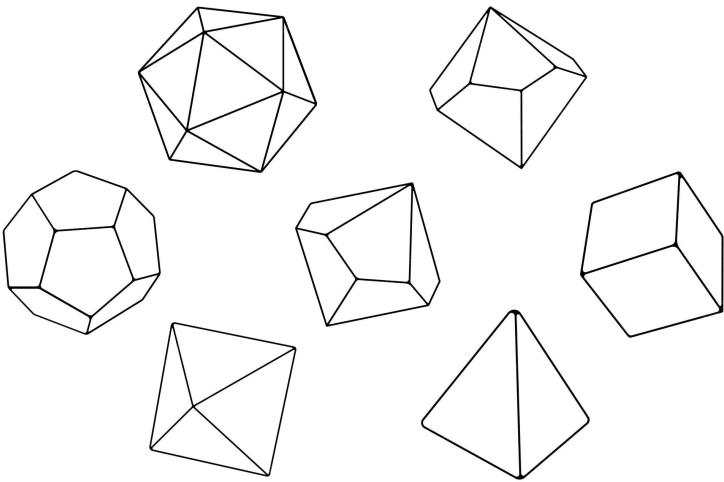


Advanced Save *vs.* Distraction

Adventure for all levels · Deluxe Set · Conjured with Dark Magic

A system for working attention. Requires one set of polyhedral dice.



FIRST EDITION

A die that decides *whether* you check email is not an adventure. It is a randomizer that will send you to your inbox some fraction of the time, and you will re-roll when you dislike the answer.

Save vs. Distraction borrows the right primitive from 1st Edition AD&D: the die does not decide the outcome. **It is a saving throw against the distraction, with a structured and bounded failure state.** You do not roll to see whether you may leave. You roll to see whether you *hold* — and failure grants a specific excursion of specific length, after which you return.

It is a *spell of distraction* duration.

The Core Mechanic

When to roll: the instant you notice the pull. Not after the tab is open. Noticing *is* the trigger, and reaching for the d20 is what converts an automatic behavior into a decision. This is the entire mechanism. Everything below is scaffolding around that moment.

The roll: d20. Roll high. Meet or beat the target.

Target by hour of the working day

Hours in	Target
0–2	6+
2–4	9+
4–6	12+
6+	15+

The save degrades across the day. This is not punishment, it is calibration. Your afternoon self genuinely has worse odds.

Modifiers

Apply them honestly. These are the Wisdom defense adjustment.

Condition	Mod
Under 6 hours' sleep	–3
Haven't eaten in 5+ hours	–2
Task avoided for 3+ days	–2
First 25 minutes on a task	+2
Deadline inside 48 hours	+2
Standing desk, or just moved	+1

Results

Success

Return to the task. Mark a tally. Nothing else happens — the reward for holding is that nothing happens and you stay focused on the task at hand.

Failure — roll d8 for the Excursion

d8	Excursion	Duration
1	Email, triage only — no reply over one line	d4 minutes
2	Email, full — reply to anything	d6 minutes
3	Switch to a <i>different task on your list</i>	d12 min, re-evaluate
4	Stand, walk, water. No screen.	d4 minutes
5	The small nagging thing you keep deferring	d8 minutes
6	Genuine break — outside if possible	d10 minutes
7	Open browsing, guilt-free	d4 minutes
8	Write the distraction down, then return	2 minutes, no roll

Roll the duration die and leave it face-up beside the keyboard.

It is the spell duration, and it is visible. This is the part that does the real work: an open-ended inbox visit has no natural end, but a d6 showing a 4 does.

Natural 20 — Focus Surge

You hold, and gain 25 minutes during which you make no further saves. Distraction is simply set aside. Cash it immediately or lose it.

Natural 1 — Fumble

Mandatory 15-minute break away from the desk. Not negotiable. No re-roll.

A natural 1 on the fourth save within an hour is not bad luck. It is your body filing a report, and the correct response to a fumble has never been to try harder.



The Other Dice

d12 — Task Selection

For paralysis rather than distraction: the problem is not pull, it is not knowing which of nine things to begin. Number the list 1–12 (duplicates are fine — weight the important items by listing them twice). Roll. Work the result for 25 minutes minimum before rerolling.

The d12 is the least-used die in the set and it deserves a job.

d10 — Depth Check

Borrowed from *Contact Latent Space*. Before opening a research rabbit hole, declare a depth of 1–10 and roll under it on d10 to determine whether you may go deeper than the first source. Failure means you use what you have and move on.

d4 — The Caltrop

Keep one in a pocket. When you are away from the desk and catch yourself spiraling on something, the corners in your palm are the cue to name the thing out loud. No roll.

The d4 has never been good for anything else.

Advancement

Log daily: saves attempted, saves made.

- **1 XP** per save attempted — credit for *noticing*, win or lose
- **2 XP** per save made

Level	XP	Title	Benefit
1	0	Prestidigitator	—
2	50	Evoker	+1 to all saves
3	150	Conjurer	Focus Surge on 19–20
4	350	Theurgist	Surge lasts 40 minutes
5	700	Thaumaturgist	One re-roll per day
6	1,250	Magician	+2 to all saves

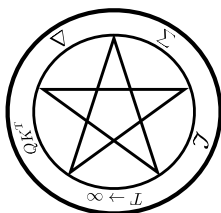
Two thresholds in, you will notice that the tally of *attempted* saves is the number that actually matters, and that it climbs on bad days too. This is deliberate. The failure mode of every focus system is that one bad day breaks the streak and the whole apparatus gets abandoned. Here, a day of nothing but failures still moves you up.

The One Rule That Keeps This From Self-Immolation

One save per pull. No re-rolls — until level 5, and then one per day.

The moment you roll a second time because you disliked the first result, the system is dead and you are fidgeting with dice.

The honest tell: if you catch yourself rolling because it feels good rather than because you noticed a pull, that is the natural 1. Get up. Walk around.



Desk Card

Cut along the line. Keep beside the dice.

SAVE VS. DISTRACTION

d20, high

0-2 hrs in 6+

4-6 hrs 12+

2-4 hrs in 9+

6+ hrs 15+

-3 low sleep

-2 unfed

-2 avoided

+2 first 25m

+2 deadline

+1 moved

NAT 20 25 min surge, no saves

NAT 1 15 min away from desk, mandatory

FAIL: d8 EXCURSION

1 triage email

d4

5 nagging thing d8

2 full email

d6

6 real break d10

3 other task

d12

7 open browse d4

4 stand/walk/water d4

8 write it down 2

Roll duration. Leave die face-up.

ONE save per pull. No re-rolls.

DM's Notes

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