

### Self Control

Level	Spell	Area of Effect	Duration	Range
1)	Non Fatigue	caster	1 min/lvl	self
2)	Stillness	caster	1 hr/lvl	self
3)	Stoicism I	caster	1 min/lvl	self
4)	Slow Metabolism I	caster	1 min/lvl	self
5)	Fortitude I	caster	1 min/lvl	self
6)	Calm	caster	1 min/lvl	self
7)	Quicken I	caster	1 rnd/lvl	self
8)	Stoicism II	caster	1 min/lvl	self
9)	Slow Metabolism II	caster	1 min/lvl	self
10)	Fortitude II	caster	1 min/lvl	self
11)	Resist Temperatures	caster	1 min/lvl	self
12)	Quicken II	caster	1 rnd/lvl	self
13)	Stoicism III	caster	1 min/lvl	self
14)	Slow Metabolism III	caster	1 min/lvl	self
15)	Fortitude III	caster	1 min/lvl	self
16)	Meditative Sleep	caster	1 night	self
17)	Quicken III	caster	1 rnd/lvl	self
18)	Stoicism IV	caster	1 min/lvl	self
19)	Slow Metabolism IV	caster	1 min/lvl	self
20)	Fortitude IV	caster	1 min/lvl	self
25)	Enhanced Sleep	caster	1/2 night	self
30)	True Quicken	caster	1 rnd/lvl	self
35)	Ignore Sleep	caster	1 day/lvl	self
40)	Indomitable	caster	1 min/lvl	self
50)	Body Stasis	caster	1 yr/lvl	self

1. Non Fatigue - Caster suffers no fatigue penalties for duration of spell. Penalties will still accrue.
2. Stillness - Caster can remain perfectly still and unmoving for duration of spell with no adverse effects.
3. Stoicism I - Caster can ignore pain, damage penalties are reduced by 10% and caster can take 10% more hits before unconsciousness.
4. Slow Metabolism I -Caster slows body functions, activity and heartrate. Poison symptoms, oxygen use, blood loss etc are reduced by 20%. The caster must remain stationary.
5. Fortitude I - Stun effects are reduced by 1 rnd for duration of spell.
6. Calm - Caster is immune to fear or morale effects for duration of spell.
7. Quicken I - Caster moves and reacts faster. +10% to initiative, 10% movement and +10% db.
8. Stoicism II - As Stoicism II, but pain penalties are reduced by 20% and consciousness threshold is increased by 20%.
9. Slow Metabolism II -Caster slows body functions, activity and heartrate. Poison symptoms, oxygen use, blood loss etc are reduced by 40%. The caster must remain stationary.
10. Fortitude II - Stun effects are reduced by 2 rnds for duration of spell.

11. Resist Temperatures - Caster can resist higher tolerances of heat and cold without penalties. -25 to 150.
12. Quicken II - Caster moves and reacts faster. +20% to initiative, 20% movement and +20% db.
13. Stoicism III - As Stoicism II, but pain penalties are reduced by 30% and consciousness threshold is increased by 30%.
14. Slow Metabolism III -Caster slows body functions, activity and heartrate. Poison symptoms, oxygen use, blood loss etc are reduced by 60%. The caster must remain stationary.
15. Fortitude III - Stun effects are reduced by 3 rnds for duration of spell.
16. Meditative Sleep - Caster can enter into a deep sleep that allows for 50% faster hearing and PP recovery and allows full perceptual (non sight) while in the sleep.
17. Quicken III - Caster moves and reacts faster. +30% to initiative, 30% movement and +30% db.
18. Stoicism III - As Stoicism II, but pain penalties are reduced by 40% and consciousness threshold is increased by 40%.
19. Slow Metabolism -As Slow Metabolism, but body activity is reduced by 80%, caster will appear dead.
20. Fortitude IV - Stun effects are reduced by 4 rnds for duration of spell.
25. Enchanted Sleep - As Meditative Sleep, but total sleep time required is 1/2.
30. True Quicken - Caster moves and reacts faster. +50% to initiative, 50% movement and +50% db.
35. Ignore Sleep - Caster can go without sleeping for the duration of the spell without any penalties.
40. Indomitable - Caster is immune to stun effects, ignores pain penalties (barring actual physical limitations of damage) and can take an extra 100% of hits before unconsciousness.
50. Body Stasis - As Slow Metabolism, but body function and aging is slowed by 99%. Caster is aware of their surroundings and can exit the spell at will.