

# JEYLEIGH'S TTRPG STORY PRESSURE TEMPLATE

Use this before each session or update between arcs. Track **three active forces** creating pressure in your world. They're not waiting, they're moving.

## 1. SOCIAL PRESSURE

*Who's maneuvering politically, socially, or culturally, and why does it matter now?*

This could be a crumbling alliance, an uprising, a marriage of convenience, a public trial, a shifting religious movement...

- **Force/Actor:**
- **Current Goal:**
- **Immediate Moves-** this session or next:
- **What happens if no one intervenes?**

## 2. MAGICAL/ENVIRONMENTAL PRESSURE

*What unnatural or worldly forces are building tension?* This could be planar shifts, arcane decay, divine silence, spreading blight, cursed weather...

- **Force/Phenomenon:**
- **Visible Symptoms:**
- **Root Cause-** known or hidden:
- **Escalation Path:** how it gets worse

## 3. PERSONAL PRESSURE (CHARACTER-BASED)

*Who's coming for one of the PCs? Or what unresolved piece of their past is about to hit the front door?* This keeps the game emotionally grounded and reactive to choices.

- **Which PC it targets:**
- **Pressure Point:** guilt, fear, desire, betrayal...
- **NPC or Force Involved:**
- **Hook or Clue You'll Drop:**
- **What happens if they ignore it?**

## OPTIONAL TRACKER ADD-ONS:

- **Clock or Timeline-** for each pressure: When will something pop off if unaddressed?
- **Collision Potential:** What happens if two pressures intersect?
- **Tone Shift:** How does each pressure color the tone of your session? *Paranoia, desperation, awe...*

I keep mine on a notecard or a slide in my GM doc. It's fast, it gives me 90% of the prep I need, and it's endlessly flexible. Pressure is plot. Pressure moves the world.