

# If you were a 5e character, what ability scores would you have?

## Strength

**1 (-5):** Morbidly weak, has significant trouble lifting own limbs.  
**2-3 (-4):** Needs help to stand, can be knocked over easily.  
**4-5 (-3):** Visibly weak.  
**6-7 (-2):** Difficulty pushing an object of their weight.  
**8-9 (-1):** Has trouble lifting heavy objects for a longer time.  
**10-11 (0):** Perfectly average. Can perform manual labor with breaks.  
**12-13 (1):** Can perform manual labor for hours without break.  
**14-15 (2):** Visibly toned. Labor comes easy to you.  
**16-17 (3):** Muscular. Can break objects like wood with bare hands.  
**18-19 (4):** Heavily muscular. Able to out-wrestle a work animal or catch a falling person. Performs the work of multiple people in physical labor.  
**20 (5):** Pinnacle of brawn, able to out-lift several people in combined effort.

## Dexterity

**1 (-5):** Barely mobile, probably significantly paralyzed.  
**2-3 (-4):** Incapable of moving without noticeable effort or pain.  
**4-5 (-3):** Visible paralysis or physical difficulty.  
**6-7 (-2):** Significant klutz or very slow to react.  
**8-9 (-1):** Somewhat slow, occasionally trips over own feet.  
**10-11 (0):** Capable of usually catching a small tossed object.  
**12-13 (1):** Able to often hit large targets. Coordination comes easy and is barely a thought when acting (such as in sports).  
**14-15 (2):** Can catch or dodge a medium-speed surprise projectile.  
**16-17 (3):** Light on feet, able to often hit small moving targets.  
**18-19 (4):** Graceful, able to flow from one action into another easily.  
**20 (5):** Moves like water, reacting to all situations with almost no effort. Capable of dodging a large number of thrown objects.

## Intelligence

**1 (-5):** Animalistic, no longer capable of logic or reason.  
**2-3 (-4):** Rather animalistic. Acts on instinct.  
**4-5 (-3):** Still very much an animal. Very limited speech and knowledge.  
**6-7 (-2):** Often resorts to charades to express oneself. Often forgetful.  
**8-9 (-1):** Misuses and mispronounces words. Gets distracted easily.  
**10-11 (0):** Knows what they need to know to get by, and nothing more.  
**12-13 (1):** Knows a bit more than is necessary, fairly logical.  
**14-15 (2):** Fairly intelligent. Able to solve physical or mental problems with reasonable accuracy.  
**16-17 (3):** Very intelligent, often inventing new, easier ways to do things  
**18-19 (4):** Probably the smartest person their entire community knows.  
**20 (5):** Famous as a sage and genius. Leaps of logic are stepping stones to them.

## Wisdom

**1 (-5):** Seemingly incapable of thought, barely aware.  
**2-3 (-4):** Rarely notices important or prominent items, people, or occurrences.  
**4-5 (-3):** Seemingly incapable of forethought.  
**6-7 (-2):** Often fails to exert common sense.  
**8-9 (-1):** Forgets or opts not to consider options before taking action.  
**10-11 (0):** Makes reasoned decisions most of the time.  
**12-13 (1):** Able to tell when a person is upset.  
**14-15 (2):** Reads people and situations fairly well. Can get hunches about a situation that doesn't feel right.  
**16-17 (3):** Often used as a source of wisdom or decider of actions.  
**18-19 (4):** Reads people and situations very well, almost unconsciously.  
**20 (5):** Nearly prescient, able to reason far beyond logic.

## Constitution

**1 (-5):** Minimal immune system, body reacts violently to anything foreign.  
**2-3 (-4):** Frail, suffers frequent broken bones.  
**4-5 (-3):** Bruises very easily, knocked out by a light punch.  
**6-7 (-2):** Unusually prone to disease and infection.  
**8-9 (-1):** Easily winded, incapable of a full day's hard labor.  
**10-11 (0):** Occasionally contracts mild illnesses.  
**12-13 (1):** Can take a few hits before being knocked unconscious.  
**14-15 (2):** Able to labor for twelve hours most days. Shrugs off illnesses  
**16-17 (3):** Able to stay awake for days on end.  
**18-19 (4):** Very difficult to wear down, almost never feels fatigue.  
**20 (5):** Tireless paragon of physical endurance. Almost never gets sick, even to the most virulent diseases.

## Charisma

**1 (-5):** Barely conscious, probably acts very alien.  
**2-3 (-4):** Minimal independent thought, relies heavily on others.  
**4-5 (-3):** Has trouble thinking of others as people, interactions are a struggle.  
**6-7 (-2):** Terribly reticent, uninteresting, or rude  
**8-9 (-1):** Something of a bore, makes people mildly uncomfortable or simply clumsy in conversation  
**10-11 (0):** Capable of polite conversation  
**12-13 (1):** Mildly interesting. Knows what to say to the right people  
**14-15 (2):** Knows what to say to most people, is confident in debate.  
**16-17 (3):** Quickly likeable, respected or feared by many people.  
**18-19 (4):** Very likeable, can win people to their side easily.  
**20 (5):** Renowned for wit, personality, and/or looks. A born leader.