

UNCONSCIOUS MIND

NIGHTMARES

EXPANSION



RULEBOOK

Before playing with this expansion, you must learn the base game's rules. The basic gameplay remains unchanged; however, if there are conflicting rules, the expansion takes precedence.

OVERVIEW

The Nightmares expansion adds a variety of twists to Unconscious Mind, such as a cast of Uncanny Clients, a Haunted Location, a Treatise of the Dead, and, of course, an array of surreal Nightmares. Besides these, you'll get new tools to dabble with, including a cracked dial that can elevate your Insights to the next level. But be warned: The further you delve into the dark side of the mind, the more Madness you risk...

COMPONENTS



6 Uncanny Routine Client cards



4 Uncanny Case-Study Client cards



21 Nightmare Dream cards



1 Madness reference card



12 Metamorphosis Grief Layer cards (translucent)



4 Cracked Insight dials



1 Treatise of the Dead tile



1 Haunted Location Goal tile



1 Madness Check token



12 Wild Research cards



6 Mad starting Notebook tiles



6 Dark Insight pieces



28 Madness tokens (24 value one ♦ 4 value five)

PETS MODULE



4 Pet tiles (double-sided)



4 Pet figures

GRAMOPHONE MODULE



1 Gramophone standee



1 Gramophone reference card

2

SETUP

Tutorial video



Set up the game as usual with the following modifications.

CITY MAP & LOCATION GOALS

During step 2 of the standard setup, place the **Madness Check token** on the “6” space of the Reputation track.



When creating the Location Goal tiles display during step 4 of the standard setup, place the **Haunted Location Goal tile** near the others.

CLIENTS AND DREAMS DISPLAY

To create the Clients and Dreams display, replace steps 10–14 of the standard setup with the following:



1. Shuffle the Routine Clients deck and form two face-down stacks of roughly equal heights.
2. Shuffle the **Uncanny Routine Client cards** into one of the two stacks, then place this stack on top of the other to create the Routine Clients deck.
3. Draw two Routine Clients and arrange them in a face-up row to the right of the deck.
4. Repeat steps 1-3 above, using the Case-Study Clients and **Uncanny Case-Study Client cards** to create the Case-Study Clients deck.
5. Shuffle the Latent Dream deck and place it face down in the area above the Client display.
6. Shuffle the Manifest Dream deck and place it face down to the right of the Latent Dreams deck. Then, draw the **three** topmost Manifest Dream cards and arrange them in a face-up row to the right of the deck.
7. Shuffle the **Nightmare Dream** deck and place it face down to the right of the Manifest Dreams. Then, draw the top Nightmare card and place it face up to the right of the deck.
8. Shuffle the Grief Layer deck and form two face-down stacks of roughly equal heights.
9. Shuffle the **Metamorphosis Grief Layer cards** into one of the two stacks and place this stack on top of the other to create the Grief Layer deck. Put this deck inside the dispenser box and set the box to the left of the Routine Clients deck. Then, draw and place a Grief Layer on top of each face-up Client in the display.



WILD RESEARCH CARDS AND TREATISES

While creating the Research card display in step 15 of the standard setup, first shuffle the Research cards deck and form two face-down stacks of roughly equal heights. Then, shuffle the **Wild Research cards** into one of the stacks and place this stack on top of the other to create the Research card deck.

While creating the Treatise tile display in step 17 of the standard setup, place the **Treatise of the Dead tile** near the others (not covering any other Treatise tiles).


PLAYER SETUP




During step 1 of player setup, take a **Cracked Insight dial** (instead of a dial from the base game).

During step 13 of player setup, randomly deal one **Mad starting Notebook tile** to each player in addition to their three starting Notebook tiles. Choose one of these four Notebook tiles to keep and remove the others from the game.

GENERAL SUPPLY

After creating the general supply during step 18 of the standard setup, place the **Dark Insight pieces** and the **Madness tokens** near the Bright Idea tokens. Place the **Madness reference card** visible to all players with the  side facing up.

MAD, MAD VARIANT

To increase the tension, you may place the Madness reference card with the  side facing up. This doubles the Victory Point penalty during Madness Checks (see page 5).


If you choose the Mad starting Notebook tile, refer to its banner and place your Professor onto the City Map Location matching the tag, as usual. Then, move a common Insight from your center reserve to any crack within the indicated dial section—which may result in gaining Madness (see page 6). Then, flip and place the tile in your player board, as usual.



MADNESS

GAINING MADNESS

Effects that give you Madness are mandatory when you trigger them.

Whenever you gain a , take a **Madness token** from the general supply and place it near your player board in a personal supply. Your **Madness level** is equal to the Madness you currently have.

Note: The Madness supply is considered unlimited; if you run out of tokens, use any adequate substitutes.

MADNESS EFFECTS

Your Madness level unlocks ongoing beneficial effects. You may trigger the effects indicated on the **Madness reference card** if your Madness level is equal to or greater than the thresholds shown (e.g., if your Madness level is “6,” then you may trigger the “3+” and “5+” effects).

13+



13+ Madness: When you Recall Ideas, return 6 Madness to the general supply.

8+



8+ Madness: You may freely Transfer **Median** Insights

5+



5+ Madness: When placing two Ideas (including Bright Ideas) on the Meeting Table, you may point them at two different action spaces. Then, you may trigger each action space once (in either order).

3+



3+ Madness: When moving your Professor on the City Map, you may move 1–2 spaces counterclockwise (instead of 1–2 spaces clockwise).

MADNESS CHECKS

Standard side



Variant side



Madness Checks may happen up to three times per game.

Perform a Madness Check at the end of any turn in which one of the following conditions occurs:

- Freud's marker reaches or crosses the **Madness Check token** on the Reputation track (discarding the token from the game)
- One player's Madness level reaches 13 or more for the first time, claiming the **Haunted Location Goal tile** (page 8)

Note: If both of these conditions occur in the same turn, perform two consecutive Madness Checks.

In addition, perform one final Madness Check at the end of the game (before Final Scoring).

To resolve a Madness Check:

- The player(s) with the lowest Madness level announces their current number of Madness.
- All players return this number of Madness to the general supply.
- Each player with remaining Madness loses Victory Points equal to their level (or twice their level with the variant), adjusting their scoring markers accordingly.

Note: Scoring markers may go below the “0/100” space to indicate a negative score.

Note: If the lowest Madness level is zero, players do not return any Madness before losing Victory Points.

CRACKED INSIGHT DIAL

The Nightmares expansion replaces the base game's dials with **Cracked Insight dials**, which give you access to **Mad Insights**.

Mad Insights

There is a new Insight level beyond Major: *Mad*. Any Insight inside a crack is a Mad Insight.

- Each colored dial section has three cracks: small, medium, and large.
- Each time an Insight enters a crack, you must immediately gain the indicated amount of Madness (if any).
- You may not exceed each crack's Insight capacity (see the table).
- When using a Mad Insight, remove it from its crack and place it into your dial's center reserve.



	Effect	Capacity
Small crack	Gain 0 Madness	1 Insight
Medium crack	Gain 1 Madness	2 Insights
Large crack	Gain 2 Madness	3 Insights

Important: You may not Elevate, Suppress, or Transfer Mad Insights (i.e., once an Insight is inside a crack, you may not manipulate it in any way).

Gaining Mad Insights

Generate Effects



Place an Insight from your center reserve into a crack within the indicated dial section.



Place an Insight from your center reserve into any crack.

Transfer Effects

Whenever you Transfer a Median or Major Insight, it moves into an adjacent crack (instead of an adjacent colored section). Transferring an Insight clockwise increases its level to Mad, whereas counterclockwise increases its level to Mad **and** changes its quality.

Example: The teal player may Transfer their Major Passion Insight into a Mad Insight by moving it into the small or medium crack within their dial's Passion section, or they may move it counterclockwise into the large crack of the Freedom section.

They may Transfer their Median Passion Insight into a Mad Insight by moving it into the large crack within their dial's Passion section, or they may move it counterclockwise to the large crack of the Freedom section.



Elevate Effects

An Elevated Minor, Median, or Major Insight may move directly into a crack instead of the next ring outward.



An Elevated Minor Insight may move into the large crack in its dial section.



An Elevated Median Insight may move into the medium crack in its dial section.



An Elevated Major Insight may move into the small crack in its dial section.

OVERCOMPENSATING WITH MAD INSIGHTS

You may overcompensate using a Mad Insight instead of any Minor, Median, or Major of the same quality (e.g., you may use a Mad Passion Insight instead of a Major, Median, or Minor Passion Insight).



DARK INSIGHTS

The Nightmares expansion introduces **Dark Insight pieces**. They function like common Insights, except **you do not gain Madness when placing them into cracks**.

You may gain Dark Insights by reaching Catharsis with Uncanny Routine Clients. When you gain one, immediately place it into any available crack within the indicated dial section.



GAMEPLAY

WILD RESEARCH CARDS

Wild Research cards differ from the base game Research cards in the following ways:

- Each Wild Research card shows a **gray Volume**, which may substitute for a Volume of any color when Publishing Treatises.
- Six Wild Research cards show two different Location tags. When you play one of these cards, you must gain 1 Madness.
- Three Wild Research cards show a wild Location tag. When you play one of these cards, you must gain 2 Madness (and one Minor Insight in the quality shown).
- Three Wild Research cards do not show any Location tags. When you play one of these cards, you may immediately spend one Minor Insight in the color shown to Generate one Mad Insight of the same quality.



TREATISE OF THE DEAD

To Publish the Treatise of the Dead, you must gather two gray Volumes (from your in-play Research cards or by Citing one or both of them).

When you Publish the Treatise of the Dead, immediately score 13 Victory Points. Each time a player Cites from it, you gain 1 Madness and a Bright Idea.



MAD STARTING NOTEBOOK TILE EFFECTS

Whenever you trigger a Mad starting Notebook tile, **you must gain 1 Madness** in addition to the effects shown.



HAUNTED LOCATION GOAL

The first player to reach 13 Madness (or more) must claim the **Haunted Location Goal**, signaling a Madness Check (page 5). Then, they place the tile face down in their play area (providing a wild Location tag).



Note: The Haunted Goal tile does not provide a Reputation point like the base game's tiles.

NIGHTMARE DREAMS

Instead of a Manifest Dream, you may choose the face-up Nightmare Dream card (or draw one from the deck). If you choose the face-up card, refill the Nightmare Dream display by drawing and placing a card face up.

Each Nightmare Dream card requires using one Mad Insight (in addition to other specified Insights/Coffee) to produce a **Catharsis Therapy point** . If the Client's Therapy marker is on any space to the right of the space with the icon, move the marker onto this space (and score any Victory Points and resolve Catharsis, as usual). Otherwise, you may use the Catharsis Therapy point as a single standard Therapy point.



If you use a Nightmare Dream with this icon to Treat a Client with a Metamorphosis Grief Layer, gain a Heart Shaped Box.

FINAL SCORING

Before Final Scoring, perform one final Madness Check (page 5).

During Final Scoring, each Uncanny Case-Study Client that has reached Catharsis scores Victory Points for having specific qualities of Mad Insights.



6 Victory Points for each Mad Insight within the indicated dial section (max. 18 points)



6 Victory Points for each dial section with at least one Mad Insight (max. 18 points)

SOLO MODE

Setup

When placing Location Goal tiles in step 4 of the standard setup, first place the *Cure five Clients* and Haunted Location tiles next to each other (in either order), and then place three random tiles on either side of them.

Nightmare Dreams

If the Id drafts a Client with a Metamorphosis Grief Layer, it takes the face-up Nightmare Dream from the display (instead of a Manifest Dream). Otherwise, the Id does not take Nightmare Dreams.

Madness

The Id gains Madness and participates in Madness Checks like a player.



When the Id Recalls its Ideas, it must return 6 Madness to the general supply.



The Id may move its Professor counterclockwise on the City Map, choosing the Location that will trigger the most effects (either from counting figures or tags). Break ties using the Compass Arrow: right for clockwise, left for counterclockwise.

HAUNTED LOCATION GOAL

If the Id reaches 13 (or more) Madness and the Haunted Location Goal tile is in the display, it claims it (signaling a Madness Check, as usual).

Note: If the Id uses a Notebook tile effect to take the Haunted Location Goal, it signals a Madness Check.

PETS MODULE


You may use the Pets module with the base game or with the Nightmares expansion, adding an emotional support animal by your side. Your Pet allows you to Treat Clients more effectively—and with Nightmares, dispel Madness. Your Pet also gives you more tactical control over your Inkpot's pace.

Components: 4 Pet tiles, 4 Pet figures



Setup

Place the **Pet tile** in your player color to the left of your player board with the corresponding **Pet figure** on the bottom of the tile.

If you are playing with the other contents of the Nightmares expansion, you must use the side of the Pet tile showing the  icon; otherwise, use the standard side.



Gameplay

Advancing Your Pet




Each Pet tile has a track with four levels (featuring four effects). When determining your Inkpot's movement value, **you may subtract one or two from the number and apply these movements to your Pet instead**, advancing it up the track one space per movement applied.

Important: You may not subtract your Inkpot's movement value to zero (i.e., you must move your Inkpot at least once).

Note: If your Pet is on the highest level, you may not advance it.

Using Your Pet

On your turn—anytime before or after resolving other actions or effects—you may trigger the effect shown on your Pet's current level (or a lower one). After resolving the effect, return your Pet to the bottom of the tile.

Standard Effects	
	Perform one Treatment action (i.e., use one Dream to Treat one Client)
	Gain a Heart-Shaped Box
	Trigger the effect of any one Notebook tile in your player board
	Elevate an Insight

Nightmares Effects	
	Perform one Treatment action (i.e., use one Dream to Treat one Client)
	Generate a Mad Insight
	Return 2 Madness to the general supply
	Transfer an Insight

Solo

The Id does not use a Pet.

GRAMOPHONE MODULE

The Gramophone's haunting melodies may inspire you to exceed your limits.

Components: 1 Gramophone standee, 1 Gramophone reference card



Setup

Place the Gramophone standee and reference card near the Meeting Table board. If you are playing with the other contents of the Nightmares expansion, you may use the side of the card showing a Mad Insight; otherwise, use the standard side showing a Heart-Shaped Box.

Gameplay

- Standard**
 Anytime on your turn, you may use one Heart-Shaped Box to take the Gramophone and place it near your player board.
- Nightmares**
 Anytime on your turn, you may use one Mad Insight to take the Gramophone and place it near your player board.

After you take the Gramophone, you must keep it until another player takes it from you (or the game ends).

While you have the Gramophone, you may **add one**  to any limited actions or effects showing this icon.

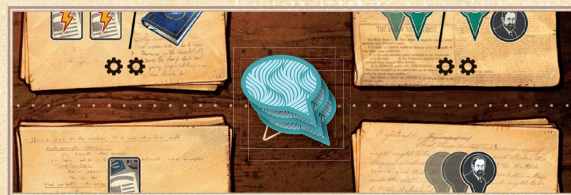
The following examples show how the Gramophone may affect different parts of the game.



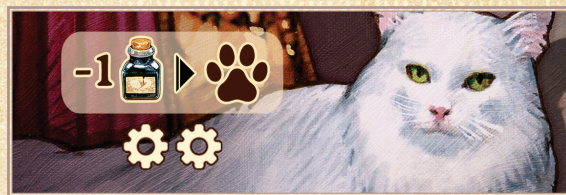
*You may perform up to **six** Location effects after moving your Professor or Freud on the City Map (granted you have six matching tags or use Bright Ideas to reach this limit, etc.).*



*You may Treat each of your Clients **twice** during a Treat Clients turn. This means you may Treat each Client with a Manifest Dream immediately followed by a Latent Dream.*




*You may place up to **three** Ideas on the Meeting Table, triggering the action space once for each Idea placed.*



*You may subtract up to **three** from your Inkpot movement value, advancing your Pet once for each.*

Solo

Whenever the Id's Inkpot moves past the  icon, it takes the Gramophone from you (if you have it) and returns it to the area beside the Meeting Table.

Note: *The Id does not keep the Gramophone or use its effects, nor does it need to use a Heart-Shaped Box (or Mad Insight) to take it.*

CREDITS

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Madness



Growth, Freedom, and Passion Mad Insights



Mad Insight of any quality



Gain a Dark Insight



Catharsis Therapy point



Advance your Pet once



Idea



Unlock the leftmost Idea from your player board



Unlocked Idea



Different Idea spaces on the Meeting Table



Recall Ideas



Bright Idea



Coffee



Reputation point



Trigger the Reputation track



Freud's Reputation marker



End-game signal



District token



Player-color Insight in a District (above a bonus slot)



Advance your Professor 1-2 Locations and trigger the end Location's effect(s)



Advance your Professor directly to Freud's Location and trigger the Location's effect(s)



Advance Freud 1-3 Locations and trigger the end Location's effect(s)



Advance Freud 1 Location clockwise (without triggering the Location's effects)



Professor/Freud in a Location



Location Tags



Any Location tag (i.e., a wild tag)



Trigger a tag's Location effects using the *count tags* option (once for the tag shown plus any matching)



Advance your Inkpot up to the number of icons shown (and trigger the effects)



Gain a Notebook tile from the leftmost column



Gain a Notebook tile and trigger the banner effect



Gain a Notebook tile and trigger the main effect and the banner effect



Trigger any Notebook tile effect in your player board



Trigger all the effects of an unlocked column on your player board



The upper limit of times you may perform an action or trigger an effect



Minor, Median, and Major Growth Insights



Minor, Median, and Major Freedom Insights



Minor, Median, and Major Passion Insights



Minor, Median, and Major Insights of any quality



Elevate an Insight



Suppress an Insight



Disregard an Insight Suppression



Transfer an Insight



Discard your Office Room card



Therapy Point



Heart-Shaped Box



Treat a Client once



Cured Client



Cured Routine Client



Cured Case-Study Client



Gain a Research card



Play a Research card



Publish a Treatise