BADGER TOTEM SPIRIT

(Prerequisite: unless permitted by the DM, a PC must be a small, or smaller, sized creature to select this totem spirit.)

At level 3: You can hold your ground against larger foes. While raging, if a creature makes an attack against you and misses, you have advantage on your next attack against that creature, if it is a larger size than you.

At level 6: While raging, when you use reckless attack, any creature larger than you that you hit with an attack during your turn does not have advantage against you due to reckless attack until the start of your next turn.

At level 14: Once per long rest, you may give off a defensive scent, like a badger. As a bonus action on your turn, you may do this, inducing a Constitution saving throw (against a DC = 8 + your Constitution modifier + your proficiency bonus) against all creatures in a 15 foot cone. If a creature fails the saving throw, it is poisoned and blinded until the end of its next turn. You may do this a number of times equal to your Constitution modifier (minimum of 1).

ELEPHANT TOTEM SPIRIT

At level 3: While raging, you have advantage on checks to grapple a creature and to escape a grapple. You have the force of an elephant when capturing an enemy.

At level 6: Animals are scared of you when you are empowered as an elephant. As a bonus action on your turn, while raging, or, as part of the same bonus action that you enter rage, you may induce a Wisdom saving throw (against a DC = 8 + your Charisma modifier + your proficiency bonus) against every beast within 40 feet of you can see or hear you. A creature who fails the saving throw is frightened for 1 minute, repeating the saving throw at the end of each of its turn. A creature who succeeds on the saving throw is immune to the effects of this ability for 24 hours.

At level 14: You have the reach of an elephant. When wielding a weapon without the reach or heavy property, your reach is 5 feet further. This also applies to your unarmed strikes.

PIRANHA TOTEM SPIRIT

At level 3: While raging, you have a swim speed of 30 feet and cannot drown. In addition, you can enter another creature's area as part of your movement. If you do so, the creature has to squeeze if the space cannot support both of you without it; you do not have to squeeze.

At level 6: You have adopted the thoroughness of a pack of piranhas. You have advantage on all checks to look for objects on a creature.

At level 14: Even your allies gain a bloodlust. While raging, every creature you hit with a weapon attack is bloodmarked. A creature remains bloodmarked until the start of your next turn. The first attack roll an ally makes against a bloodmarked creature has advantage.