Getting started: all guides

What Torn is, the four bars you manage every day, levels, and how to spend your first week.

Contents

1. Understanding Torn (reviewed 23/11/2026)
2. Energy (reviewed 23/11/2026)
3. Nerve (reviewed 23/11/2026)
4. Happy (reviewed 23/11/2026)
5. Life (reviewed 23/11/2026)
6. The city map, shops and city finds (reviewed 24/11/2026)
7. Early money (reviewed 23/11/2026)
8. Your first week (reviewed 23/11/2026)
9. Common mistakes (reviewed 23/11/2026)
10. Donator status and subscriptions (reviewed 24/11/2026)
11. Game rules and Federal Jail (reviewed 24/11/2026)
12. Levels and ranks (reviewed 23/11/2026)

Getting started guide, beginner

Understanding Torn

What kind of game Torn is, how the city and sidebar are laid out, what other players can see on your profile, and how time works.

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Introduction

Torn is a text-based online crime game set in Torn City. You build a character, earn money, train, commit crimes, fight other players and, if you like, join a faction and go to war with other factions. There is no single goal. Some players chase battle stats, some build a fortune on the markets, and some spend years running a faction.

This guide covers the ground everything else builds on: how the game is laid out, what the sidebar is telling you, what your profile shows to others, and the clock the whole game runs on.

How it works

The sidebar. Your information panel shows four bars: green energy, red nerve, yellow happy and life. Almost every action in Torn spends one of them. Energy refills to full every five hours, nerve returns one point every five minutes, happiness climbs back towards your maximum, and life regenerates 5% of your maximum every five minutes. Each has its own guide.

The city. Places in Torn are grouped into districts on the city map:

District	Examples of what is there
West Side	Education, your gym, the travel agency
North Side	Item Market, Auction House, Points Building, Bazaar directory
Red-Light	Casino, Missions, Raceway, the Dump
Residential	Estate Agents and your property
City Center	Hospital, Jail, Museum, City Hall
Financial	Bank, Stock Market, Donator House
East Side	Big Al's Gun Shop, the Pharmacy, the Sweet Shop and other shops

Your profile. Other players can open your profile to see your level, your faction and your status: whether you are okay, in hospital, in jail or travelling. If you are travelling, they can usually see where to. From a profile you can start actions such as attacking or opening a trade.

Torn City Time. The game runs on TCT. A new Torn day starts at 00:00 TCT, which is when daily limits such as the once-a-day points refill reset. Many other timers are tied to TCT too: companies close their day at about 18:00 TCT, and drug addiction falls a little at 03:30 TCT each day.

> **Note**
> Torn City Time matches UTC (Greenwich Mean Time without summer time). If your local clock differs, it is worth learning the offset early because so much of the game is scheduled in TCT.

Rules. Torn has player rules. Staff can send someone who breaks them to Federal Jail, which locks them out of the game, sometimes permanently. Read the rules linked from the game before you trade large sums, share accounts or use outside tools.

Step by step

1. Look at the four bars in your sidebar and hover over each one to see its timer.
2. Open the city map and find your gym (West Side), the Item Market (North Side) and the Hospital (City Center).
3. Open your own profile and see what other players see about you.
4. Note the current TCT time shown in the game and work out how far it is from your own clock.
5. Read the guides for Energy and Nerve, because those two bars decide what you can do each day.
6. Then follow the Your first week guide, or the Beginner learning path, for a plan.

Examples

- You log in at 21:00 your time and the game shows 20:00 TCT. Your daily refills reset at 00:00 TCT, which is 01:00 for you, so a refill you have not used today must be used before then.
- A player's profile says "Traveling to Mexico". They cannot be attacked while in the air. When they land, players who are also in Mexico can attack them.
- Your energy bar shows 75/150 with a timer. Natural regeneration will refill it to the maximum within five hours if you do not spend it.

Advanced tips

- Almost everything worth doing has a daily limit or a timer. Planning your day around 00:00 TCT (new day) and 18:00 TCT (company day end) is how experienced players avoid wasting resources.
- New players are protected from some hostile actions. For example, a bounty cannot be placed on a new player unless the person placing it is also under new player protection. Use the quiet early period to learn rather than to rush.
- Keep a short note of the timers you care about. Many players track their energy, nerve, drug and booster cooldowns with an outside tool. If you do, read Sharing your API key safely first.

Common mistakes

- **Ignoring TCT.** Planning by your local clock and missing a daily reset.
- **Letting bars sit full.** A full energy or nerve bar does not keep regenerating, so the time it spends full is wasted.

- **Assuming you are invisible.** Your status and travel destination are visible to others. Plan trips and stock purchases with that in mind.
- **Skipping the rules.** Account sharing, real-money trading and some scripts can get an account federally jailed. When in doubt, read the official rules before acting.

Sources

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Torn wiki: Travel: https://wiki.torn.com/wiki/Travel, retrieved 2026-11-23

Torn wiki: Level and Ranks: https://wiki.torn.com/wiki/Level_and_Ranks, retrieved 2026-11-23

Torn wiki: Federal Jail: https://wiki.torn.com/wiki/Federal_Jail, retrieved 2026-11-23

Torn wiki: Bounty: https://wiki.torn.com/wiki/Bounty, retrieved 2026-11-23

Related guides: Energy, Nerve, Levels and ranks, Your first week

Energy

The green bar that pays for gym training, attacks and revives. How fast it refills, every way to get more, and what makes you lose it.

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Introduction

Energy is the green bar in your sidebar. It is the resource you spend on gym training and on attacking other players, so for most players it decides how fast their character grows. Learning where energy comes from, and never letting it go to waste, is one of the first habits worth building.

How it works

Natural regeneration. Your energy bar fills from empty to its maximum in five hours.

Account	Maximum	Regeneration
Standard	100	5 energy every 15 minutes
Donator or subscriber	150	5 energy every 10 minutes

Regeneration stops when the bar is full, so any time spent at maximum is lost energy.

Ways to get more energy:

- **Points refill.** For 30 points at the Points Building you can refill your energy bar to its maximum once per Torn day. The limit resets at 00:00 TCT. If you have free refills from inactivity, those are used first.
- **Drugs.** Xanax gives 250 energy and LSD gives 50, unless you overdose. Both come with a drug cooldown and addiction. See Drugs.
- **Energy drinks.** Cans give between 5 and 30 energy each and add two hours of booster cooldown. A faction's Voracity upgrades can raise the energy from cans by up to 50%.
- **Feathery Hotel Coupon.** Refills your energy bar (150 for a donator) and adds six hours of booster cooldown.
- **Company specials.** Several companies let employees trade job points for energy, for example +3 energy for 1 job point at 1-star Furniture Stores, Pubs and Restaurants, and +7 at a 10-star Farm. Energy specials are limited to 100 job points per day.
- **Stocks.** The Mc Smoogle Corp (MCS) benefit block pays 100 energy every 7 days per increment, up to 10 increments (1,000 energy).
- **Other sources** include the quarterly email newsletter (a one-time link worth 250 energy), Green Easter Eggs (500 energy) and the Torn Anniversary event.

You can hold at most 1,000 energy at once.

What energy costs:

Action	Energy
One gym train	5 to 50, depending on the gym
Attacking a player	25
Reviving a player	25 to 75, depending on your faction's Fortitude upgrades
Hunting in South Africa	10 (plus $500)
Searching the Dump, praying at the Church	5

Losing energy. Overdosing on certain drugs empties the bar, Shrooms costs up to 25 energy, and a parcel containing a Horse's Head or radiation poisoning from a Dirty Bomb also empties it.

Step by step

1. Before logging off, spend your energy so the bar can regenerate while you are away.
2. Return within about five hours of emptying the bar, before it fills and stops.
3. Use your daily points refill when your bar is empty, not when it is half full, so you get the whole bar's worth.
4. Decide what your energy is for. Most new players should put nearly all of it into the gym (see Gym training).
5. If you start using energy drinks or Xanax, check your booster and drug cooldowns first and read the overdose risks.
6. Use the Energy planner to see what a day's energy adds up to.

Examples

- A donator empties their bar at 09:00 TCT and logs back in at 14:00 TCT: the bar has refilled to 150, ready to train again.
- A standard player who sleeps for eight hours with a full bar wastes the whole night's regeneration. Spending it before bed means waking up to 100 fresh energy.
- With a donator bar, one points refill and one Xanax, a full day might give about 150 (start) + 720 (regeneration over 24 hours) + 150 (refill) + 250 (Xanax) = 1,270 energy, if every tick is used. In practice sleep and real life make it lower.

Advanced tips

- Energy drinks and coupons share the 24-hour booster cooldown with candy, alcohol and stat enhancers. Plan which boosters matter most to you before you stack them.
- Stacking energy above your maximum before training is the basis of a happy jump. That has real costs and risks, so read that guide before trying it.
- Faction armouries can be set up to give members energy refills. Ask your faction what is available.

Not confirmed
The energy page notes a former limit of 100 special (inactivity) refills per week, removed in Patch list #455 (28/10/2026). Check in game if you rely on large numbers of stored free refills.

Common mistakes

- **Leaving the bar full.** The single most common waste of energy.
- **Refilling a half-full bar.** The refill only tops you up to the maximum, so half the value is thrown away.
- **Attacking for no reason.** Each attack costs 25 energy that could have been four or five gym trains. Attack when it earns something: respect, money, a mission or a bounty.
- **Taking Xanax without reading the overdose effects.** An overdose costs all energy, nerve and happiness and a long hospital stay.

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Torn wiki: Stock Market: https://wiki.torn.com/wiki/Stock_Market, retrieved 2026-11-23

Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Related guides: Gym training, Boosters and cooldowns, Drugs, Attacking basics, Happy

Nerve

The red bar you spend on crimes. How it regenerates, how your maximum grows with crime experience, and how to get extra.

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Introduction

Nerve is the red bar in your sidebar. You spend it on crimes, and on busting other players out of jail. Unlike energy, the size of your nerve bar grows as you become a more experienced criminal, so spending nerve well today also makes your bar bigger tomorrow.

How it works

Regeneration. Nerve comes back at one point every five minutes until the bar is full.

Your maximum nerve has two parts:

- Your natural nerve bar (NNB), which grows in steps of 5 as your hidden crime experience passes milestones. There is no fixed limit, but each step takes longer to reach. Busting players out of jail also adds to it.
- Bonuses on top, up to 65 extra in total:

Bonus	Extra maximum nerve
Nerve Bar merits	up to 10 (1 per merit)
Faction Criminality branch, Nerve upgrades	up to 40 (1 per upgrade)
5-star Amusement Park "Unflinching" or 5-star Meat Warehouse "Carnage"	10
10-star Pub "Buzzed"	15

Only the natural part reflects your experience. Your bar updates when you visit the crimes page.

Ways to get more nerve:

- A **points refill** (30 points) once per Torn day.
- **Alcohol**, which adds to your booster cooldown.
- **Drugs:** Cannabis gives 8 to 12 nerve (tripled on 420 Day), LSD gives 5.
- **Job points** in several companies and in the Law city job, for example "Liquid Courage" at a 5-star Pub refills the bar for 25 job points.
- The **Herbal Releaf Co. (CBD)** benefit block gives 50 nerve every 7 days.
- Rarer sources: Red Easter Eggs (250), the quarterly email newsletter (100), and some Trick or Treat basket upgrades.

Above maximum. If you take nerve above your maximum, it does not reset down the way happiness does, but it also stops regenerating until you are back under the maximum. The game discards any current nerve above 32,767.

Losing nerve. Overdosing on most drugs empties the bar, and so does being hit by a Dirty Bomb.

What does not use nerve. Taking part in an organised crime costs no nerve at all.

Step by step

1. Spend your nerve before it fills. A full bar is wasted regeneration, exactly as with energy.
2. Commit the crimes that suit your skill level. Failing is costly, and a critical failure costs crime experience (see Crimes 2.0).
3. Use your daily nerve refill on an empty bar.
4. As your experience grows, check the crimes page: your maximum only updates when you visit it.
5. When you can, spend merits on the Nerve Bar upgrade and join a faction with Criminality upgrades.

Examples

- A player with a 30-nerve bar who empties it every two and a half hours (30 points at one per five minutes) gets the most crimes out of natural regeneration.
- A natural bar of 60 plus 10 merits, 40 faction upgrades and the 10-star Pub special gives a maximum of 125 nerve.
- Self-busting out of jail costs half your maximum nerve, rounded up: 63 nerve with a 125 bar. The LAW2990 course cuts that to a third.

Advanced tips

- Nerve spent on crimes builds your crime experience, which also feeds into organised crime success. Steady, successful crimes are an investment, not just income.
- Alcohol and energy drinks share the same booster cooldown. If energy for training matters more to you, keep your booster cooldown for cans and use points and natural regeneration for nerve.
- Busting other players is a way to use nerve that also grows your natural nerve bar and earns honours, but it carries a risk of being jailed yourself.

Common mistakes

- **Letting the bar fill overnight.** Five minutes per point adds up: a 50-point bar is full in just over four hours.
- **Attempting crimes far above your skill.** Critical failures cost experience and can send you to jail or hospital.
- **Expecting nerve above the maximum to keep regenerating.** It stops until you drop back below the maximum.
- **Forgetting the crimes page.** Your maximum will look stuck until you visit it.

Sources

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Torn wiki: Point: https://wiki.torn.com/wiki/Point, retrieved 2026-11-23

Torn wiki: Jail: https://wiki.torn.com/wiki/Jail, retrieved 2026-11-23

Torn wiki: Faction: https://wiki.torn.com/wiki/Faction, retrieved 2026-11-23

Torn wiki: Merit: https://wiki.torn.com/wiki/Merit, retrieved 2026-11-23

Related guides: Crimes 2.0, Crime progression, Jail and busting, Energy

Happy

The yellow bar that makes gym training more effective. Where your maximum comes from, how it refills, and how it is lost.

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Introduction

Happy, or happiness, is the yellow bar in your sidebar. It affects many parts of the game, but its main job is making your gym training count for more. Higher happiness means bigger gains from the same energy, and the effect is strongest for players whose stats are still low.

How it works

Your maximum happiness comes from where you live. Everyone starts with 100 in the Shack. Buying or renting a better property, upgrading it and hiring staff raises it:

Property	Maximum happy with upgrades and staff
Shack	100
Trailer	165
Apartment	188
Semi-Detached House	275
Detached House	500
Beach House	650
Chalet	725
Villa	800
Penthouse	1,150
Mansion	1,725
Ranch	1,925
Palace	2,550
Castle	3,475
Private Island	5,025

Regeneration. Happiness recovers by 5 every 15 minutes (480 a day) until it reaches your maximum.

Going above the maximum. Some items push happiness above your maximum: candy, an Erotic DVD (2,500), a Feathery Hotel Coupon (500), Ecstasy (doubles it) and others. Happiness above the maximum drops back to the maximum at the next quarter hour (xx:00, :15, :30 or :45), unless you are reading the book Ignorance Is Bliss. The highest happiness possible is 99,999.

Losing happiness.

- **Gym training** costs happiness: between 40 and 60% of the energy used. Training with 400 energy might cost about 200 happiness. The 3-star Fitness Center passive "Goal Oriented" halves this.

- **Overdoses** on most drugs empty the bar; Vicodin costs 150 and LSD 50% instead.
- Other players can lower it with items such as Stink Bombs or Poison Mistletoe.
- **Unpaid property fees.** If upkeep goes unpaid past a threshold, the property's maximum happiness slowly falls, eventually to zero.

Crimes. In Crimes 2.0, happiness increases the experience and skill you gain from crimes. It does not change your chance of success.

Step by step

1. Move out of the Shack as soon as you can afford something better. Even a Trailer or Apartment helps.
2. Pay your property upkeep so your maximum never starts to fall.
3. Train in the gym with your bar at or near its maximum.
4. Do not train right before a quarter hour if you have just raised happiness above the maximum; the excess will vanish at the next quarter.
5. Use the Gym gains estimator to see how much difference your happiness makes.

Examples

- A player in a Villa (800 maximum) trains with 150 energy and loses roughly 75 happiness, leaving about 725.
- Eating a Bag of Candy Kisses (50 happy) at 10:14 TCT, then training at 10:16, means the extra 50 was lost at 10:15. Eat it after 10:15 and train straight away instead.
- During World Diabetes Day (13 to 15 November) candy gives three times its happiness. With the Yes Please Diabetes book and a faction's full Candy effect, a Lollipop worth 25 can give 225.

Advanced tips

- Because training lowers happiness, big training sessions get slightly less effective as they go on. Many players train in one block straight after boosting happiness for this reason.
- The well-known technique of stacking happiness and energy before one large session is called a happy jump.
- The Evil Ducks Candy Corp (EVL) benefit block gives 1,000 happiness every 7 days.

Common mistakes

- **Living in the Shack too long.** Your maximum happiness is your training multiplier; leaving it at 100 slows everything.
- **Boosting happiness, then waiting.** Anything above your maximum is gone at the next quarter hour.
- **Letting property fees build up.** The happiness loss is gradual and easy to miss until it is large.

Sources

Torn wiki: Happy: https://wiki.torn.com/wiki/Happy, retrieved 2026-11-23

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Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Torn wiki: Gym: https://wiki.torn.com/wiki/Gym, retrieved 2026-11-23

Related guides: Gym training, Happy jumps, Properties, Boosters and cooldowns

Life

Your health points. How much you have, how fast it comes back, what happens at zero, and how to raise your maximum.

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Introduction

Life is your character's health. You lose it in fights, and if it runs out you end up in hospital. Life is mostly about combat, but crimes, drugs and some events can also put you in hospital, so it matters to every player.

How it works

Maximum life starts at 100 and rises as you level, reaching 5,000 at level 100. Bonuses raise it further:

With	Maximum life at level 100
No upgrades	5,000
10 Life Points merits (+5% each)	7,500
Merits and faction specials	9,000
Merits, faction specials and Mining Corporation	9,900
All of the above and Marauder armour	13,266

Regeneration. Life comes back at 5% of your maximum every five minutes. Some perks increase this, such as the faction Fortitude branch's life regeneration upgrade.

Losing life. In a fight, every hit you take lowers your life, and several attackers can hit you at once. Some events set your life to 1 directly: being hospitalised by a drug overdose or a crime, losing at Russian Roulette, or using the wrong type of blood bag.

At zero life you have lost the fight. If you were the defender, you stay at zero, unconscious, until the attacker chooses to leave, mug or hospitalise you. While unconscious you cannot travel, attack or be attacked. If you were the attacker, you go to hospital with 1 life.

Hospital. Once in hospital you stay until your hospital timer runs out, even if your life is full. Medical items, revives and some drugs shorten or end your stay. See Hospital and revives.

Step by step

1. Before attacking, check your life is full; starting a fight half-healed is starting it half-beaten.
2. Spend merits on Life Points if you plan to fight or defend a lot.
3. Keep a few medical items so you can heal after a fight.
4. If you are hospitalised, check the timer and decide whether to wait, use a medical item or ask for a revive.

Examples

- A player with 4,000 maximum life regenerates 200 life every five minutes, so goes from empty to full in about 100 minutes.
- Spending all 10 merits on Life Points at level 1 and then levelling to 50 gives the same result as spending them at level 50: the bonus is a percentage of whatever your base life is.

Advanced tips

- If your maximum life drops, for example by taking off armour that adds life or changing faction specials, your current life stays where it is until you lose it normally.
- Marauder armour's Imperviable bonus raises maximum life by a percentage per piece, which is how the very highest life totals are reached.

Common mistakes

- **Attacking with low life.** A strong opponent can put you in hospital in one or two turns.
- **Expecting full life to end a hospital stay.** The timer decides when you leave, not your life.
- **Using an incompatible blood bag.** It sets your life to 1 and hospitalises you. Check your blood type first.

Sources

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Torn wiki: Hospital: https://wiki.torn.com/wiki/Hospital, retrieved 2026-11-23

Torn wiki: Merit: https://wiki.torn.com/wiki/Merit, retrieved 2026-11-23

Related guides: Hospital and revives, Attacking basics, Medical items, Merits

The city map, shops and city finds

Where everything is on the city map, the daily limit on shop purchases, how free items appear on the map each day, and how awareness raises how many you find.

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Introduction

The city is Torn's main hub: an interactive map where every shop, service and building lives. It is also where free items appear each day for players who look. This guide shows you how the map is laid out, what the shops can and cannot sell you, and how to find more items with awareness.

How it works

Districts. The city's quick links group places by district:

District	Places
West Side	Education, your gym, Travel Agency
North Side	Auction House, Bazaar Directory, Church, Item Market, Points Building, Points Market
Red-Light	Casino, Dump, Loan Shark, Missions, Raceway
Residential	Estate Agents, your house
Center	Chronicle Archives, City Hall, Committee, Community Center, Hospital, Jail, Museum, Staff, Visitor Center
Financial	Bank, Donator House, Messaging Inc, Stock Market
East Side	Big Al's Gun Shop, Bits 'n' Bobs, Cyber Force, Docks, Jewelry Store, Nikeh Sports, Pawn Shop, Pharmacy, Post Office, Print Store, Recycling Center, Super Store, Sweet Shop, TC Clothing

Some places only open once you reach a level or finish an education course.

Daily shop allowance. You can buy up to 100 items a day in total from the East Side shops. The allowance refreshes at the new Torn day (00:00 TCT).

City finds. Each day at midnight TCT, items may appear at random spots on your city map, as long as you were active at some point in the previous 24 hours. You see them by zooming in and click to pick them up. Playing more does not make more items appear. Most items can be found, but valuable or special ones cannot, including Dubai luxury weapons, cache gear, exclusive NPC loot, cars, boosters, exotic flowers and (since late 2024) stat enhancers. Seasonal items can appear during their events.

Awareness raises how many items you find. Bonuses add together rather than multiply:

Source	Extra awareness
Each merit in awareness	+20%
Psychology course PSY2680	+10%
Working at a Firework Stand or Candle Shop	+50%

Source	Extra awareness
Working at a Zoo	+70%
Book: Finders Keepers (31 days)	+2,500%
Awareness Awareness Week (third week of January)	An unpublished boost for everyone

Territory. Factions can claim blocks of the city map for daily respect. Each block has a base of 15 respect a day, multiplied by its sector (×1.00 to ×2.50, central being highest), its size (×1.00 to ×2.00) and what is on it (×1.00 for empty fields, ×2.00 for buildings, ×3.00 for landmarks). The territory view is off by default and can be turned on under the map.

Step by step

1. **Open the city** and use the quick links if the map feels busy.
2. **Check your map once a day** after midnight TCT. Zoom in and scan for item icons; click each to collect it.
3. **Sell or use what you find.** Many finds are cheap, but some are worth real money on the item market.
4. **Plan bulk shop purchases** around the 100-item daily limit, for example when buying plushies or flowers to resell.
5. **Add awareness over time** if city finds interest you: a merit or two, the Psychology course, or a job at a company that gives awareness.

Examples

Adding up awareness. A player has 2 merits in awareness (+40%), finished PSY2680 (+10%) and works at a Zoo (+70%). Their total is 40 + 10 + 70 = +120% extra awareness, not a multiplied figure.

Territory respect. A block in sector 1 (×2.50), of large size (×1.75), with buildings (×2.00) gives 15 × 2.50 × 1.75 × 2.00 = 131.25 respect a day, under the multipliers published on Torn's wiki.

Hitting the shop limit. A player buys 60 items at the Super Store and 40 at Bits 'n' Bobs. The next East Side purchase is refused until the new day.

Advanced tips

- City finds count only if you were active in the previous 24 hours, so a short daily login keeps them coming.
- A Dirty Bomb closes the Airport and most of the East Side for a while, and Cesium-137 often appears as a city find afterwards.
- Factions see territory rackets, criminal enterprises that spawn on random blocks, from the territory views on the map.
- Donators open the notebook from a button at the bottom right of the chat bar.

Common mistakes

- **Thinking more clicks give more finds.** Items spawn once a day; activity level no longer affects how many.
- **Expecting to find rare items.** The most valuable items are excluded from city finds entirely.
- **Running out of shop allowance before an important purchase.** Buy what matters first each day.

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Related guides: Understanding Torn, Your first week, Early money, Merits, Education

Early money

Realistic ways for a new player to earn their first millions, and what each one costs in energy, nerve or time.

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Introduction

Money buys the things that make you stronger: a better property, education, gym memberships and, later, investments. Early on, you have little to invest, so the best income uses resources you already have, such as nerve, time and attention, rather than energy you need for training.

How it works

The main early sources are:

Source	What it costs	Notes
City job	Nothing; pays daily	Small amounts, but also gives work stats and job points
Crimes	Nerve	Pays money or items, and builds crime experience
City finds	Your attention	Items spawn on the city map each day at midnight for players who were active in the previous 24 hours
Selling items	Market fees	The Item Market charges 5% on sales; a Bazaar (250 points) charges none
Missions	Energy for attacks	Duke and other agents pay money and mission credits
Bounties	Energy for attacks	Paid for hospitalising the listed player
Hunting (level 15)	10 energy and $500 per session	In South Africa; income depends on hunting skill

Crimes. In Crimes 2.0, successful crimes pay cash, items or both, and build crime experience and skill. The first crime, Search for Cash, is available immediately. See Crimes 2.0.

City finds. Higher awareness means more items found. The Awareness merit adds 20% per upgrade. Finds can be sold or kept.

Missions. Contracts from Duke and other agents start easy and pay more as your standing grows. They also give mission credits, which buy weapon mods and other rewards. See Missions.

Step by step

1. Get a starter job on day one so pay and work stats start arriving.
2. Spend nerve on crimes you can succeed at. Failure pays nothing, and a critical failure costs experience.

3. Check the city map for finds every day.
4. Sell what you do not need. Small amounts go on the Item Market; when you have more to sell, a Bazaar saves the 5% fee.
5. Take missions from Duke and complete the easy ones.
6. Put your savings into a better property and education before anything else.

Examples

- Selling $1,000,000 of items on the Item Market returns $950,000 after the 5% fee. Through a Bazaar it returns the full amount.
- A hunting session costs 10 energy and $500. Whether it is profitable depends on your hunting skill; at low skill, your energy may be better spent in the gym.

Advanced tips

- Money that sits in your wallet can be lost to muggers. Keep only what you need on hand. The bank, your property vault and your faction are all safer places to hold money.
- Track what you earn per unit of nerve or energy. The best method for one player is not always the best for another.

Common mistakes

- **Spending all your energy on money-making.** Early on, training usually matters more.
- **Carrying cash.** A mugging takes a share of the money on hand.
- **Paying fees you do not need to.** Large sales through the Item Market lose 5%; a Bazaar avoids that.
- **Buying cosmetics before property and education.**

Sources

Torn wiki: Job: https://wiki.torn.com/wiki/Job, retrieved 2026-11-23

Torn wiki: Crimes 2.0: https://wiki.torn.com/wiki/Crimes_2.0, retrieved 2026-11-23

Torn wiki: Awareness: https://wiki.torn.com/wiki/Awareness, retrieved 2026-11-23

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Torn wiki: Item Market: https://wiki.torn.com/wiki/Item_Market, retrieved 2026-11-23

Torn wiki: Bazaar: https://wiki.torn.com/wiki/Bazaar, retrieved 2026-11-23

Torn wiki: Hunting: https://wiki.torn.com/wiki/Hunting, retrieved 2026-11-23

Torn wiki: Bounty: https://wiki.torn.com/wiki/Bounty, retrieved 2026-11-23

Related guides: Your first week, Crimes 2.0, City jobs, Missions, Trading and markets, Bounties

Your first week

A practical seven-day plan for new players, built from how the game's systems actually work.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Your first week sets habits that pay off for years. This plan is the Academy's advice, not a rule, but every step is built on how the game works: energy and nerve regenerate whether you use them or not, education and training compound, and early decisions about where you live and work matter more than they look.

There is a printable version in Downloads.

How it works

Three things grow without you having to watch them, as long as you start them:

1. **Your bars.** Energy and nerve regenerate on fixed timers. Using them before they fill is free progress.
2. **Education.** A course runs in real time. Starting one on day one means it finishes days sooner.
3. **Work.** City jobs pay and give work stats daily, and job points build up to be spent on specials.

Everything else in the first week builds on those three.

Step by step

Day 1

1. Read Understanding Torn and find your gym, the Item Market and the Hospital.
2. Spend all your energy in the gym (see Gym training).
3. Spend your nerve on the easiest crimes.
4. Apply for a starter job. Army, Grocer and Casino need no work stats on your first day.
5. Start your first education course.

Days 2 to 3

1. Keep emptying your energy and nerve each time you log in.
2. Save money towards moving out of the Shack. A better property raises your maximum happiness, which raises your gym gains.
3. Read Early money and try one or two ways of earning.

Days 4 to 5

1. Unlock the next gym once you have the gym experience and the fee.

2. Look for a faction that welcomes new players (see Finding and joining a faction). A good faction gives advice, training help and, later, upgrades that boost you.
3. At level 3, consider a company job instead of a city job, if one offers better pay or useful specials.

Days 6 to 7

1. Review: what earned you the most? What did you waste?
2. Read Common mistakes.
3. Plan your next course and your next property.

Examples

- A player who empties a 100-energy bar three times a day trains with about 300 energy a day for free, compared with 100 for someone who logs in once and leaves it full.
- Starting a course on day one rather than day four means it finishes three days earlier, and every course after it does too.

Advanced tips

- Becoming a donator raises your maximum energy to 150 and regeneration to every 10 minutes. That is a real-money purchase; whether it is worth it is your choice.
- Some city jobs have passive rewards you keep forever once you reach the top position, such as the Education job's Principal rank, which shortens all future courses by 10%.
- Be careful with drugs in your first weeks. Every drug adds addiction, and once addiction is high enough you are removed from the education course you are taking.

Common mistakes

- **Logging in once a day.** Your bars fill in hours, not days.
- **Spending energy on attacks before your stats can win fights.** Training first makes later fights profitable.
- **Buying expensive items early.** Property and education give more lasting value than gear you are not ready to use.
- **Not joining anything.** Factions and companies multiply what a new player can do alone.

Sources

Torn wiki: Job: https://wiki.torn.com/wiki/Job, retrieved 2026-11-23

Torn wiki: Education: https://wiki.torn.com/wiki/Education, retrieved 2026-11-23

Torn wiki: Gym: https://wiki.torn.com/wiki/Gym, retrieved 2026-11-23

Torn wiki: Property: https://wiki.torn.com/wiki/Property, retrieved 2026-11-23

Torn wiki: Level and Ranks: https://wiki.torn.com/wiki/Level_and_Ranks, retrieved 2026-11-23

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Nerve: https://wiki.torn.com/wiki/Nerve, retrieved 2026-11-23

Related guides: Understanding Torn, Energy, Gym training, Early money, Common mistakes, Finding and joining a faction

Common mistakes

The mistakes new players make most often, why they cost so much, and what to do instead.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Most expensive mistakes in Torn are not dramatic. They are small habits that waste a little every day, or one decision that costs weeks. This guide collects the common ones, explains why each one hurts, and says what to do instead. The advice is the Academy's; the reasons are game mechanics, with sources listed below.

How it works

Torn's resources fall into two groups:

- **Ones that regenerate on a timer:** energy, nerve and happiness. Time spent full is lost for good.
- **Ones that compound:** stats, education, crime experience and investments. Starting late costs more than starting small.

Almost every mistake below wastes one of those.

Step by step

Check yourself against this list once a week:

1. **Full bars.** Energy fills in five hours, nerve at one point every five minutes. Spend both before logging off.
2. **Refill timing.** Points refills top up to your maximum, so use them on an empty bar.
3. **Education.** Always have a course running.
4. **Property fees.** Pay upkeep so your maximum happiness does not start to fall.
5. **Cash on hand.** Keep money in the bank, your vault or your faction, not your wallet.
6. **API keys.** Never give a full-access key to a tool you do not trust, and never share your password with anyone. Read Sharing your API key safely.

Examples

- **Drugs during education.** Every drug adds addiction, and at a high enough addiction level you are removed from your education course.
- **Happiness wasted.** Raising happiness above your maximum and then waiting: the excess resets at the next quarter hour.
- **Item Market for big sales.** Losing 5% on every sale when a Bazaar would cost nothing.

- **Overdoses.** A Xanax overdose costs all your energy, nerve and happiness and 5,000 minutes in hospital.

Advanced tips

- Keep a short daily routine: bars, job, crimes, course, finds. Once it is a habit, most of these mistakes disappear.
- When a system is new to you, read the guide before spending anything on it. Many systems, such as organised crime, stock blocks and ranked wars, have rules that are expensive to learn by trial and error.

Common mistakes

- **Comparing yourself to others by level.** Level is experience, not strength.
- **Believing rumours.** Many "facts" passed around the game are out of date. If a guide here says something is not confirmed, treat it as unconfirmed.
- **Rushing.** Torn rewards players who play steadily for a long time more than players who burn through money and boosters in a week.

Sources

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Nerve: https://wiki.torn.com/wiki/Nerve, retrieved 2026-11-23

Torn wiki: Happy: https://wiki.torn.com/wiki/Happy, retrieved 2026-11-23

Torn wiki: Drug: https://wiki.torn.com/wiki/Drug, retrieved 2026-11-23

Torn wiki: Education: https://wiki.torn.com/wiki/Education, retrieved 2026-11-23

Torn wiki: Item Market: https://wiki.torn.com/wiki/Item_Market, retrieved 2026-11-23

Torn wiki: API: https://wiki.torn.com/wiki/API, retrieved 2026-11-23

Related guides: Your first week, Energy, Nerve, Drugs, Sharing your API key safely

Donator status and subscriptions

What donator status gives you, how Donator Packs and subscriptions differ, what they cost in real money, and why the energy bar matters most.

Version 1.0. Published 24/11/2026, last reviewed 24/11/2026.

Introduction

Torn is free to play, and everything in it can be reached without spending real money. Donator status is the optional paid upgrade. It does not unlock new areas or give direct power; what it changes is how much energy you get, which in turn changes how fast you can train and fight. This guide sets out what you actually get, the two ways to pay, and how players without a budget get donator days anyway.

> **Note**
> Prices below are in US dollars as listed on Torn's donation page when this guide was reviewed. Torn sets these prices and can change them; always check the in-game Donator House before buying.

How it works

What donator status gives you while it lasts:

Benefit	Without donator	With donator
Maximum energy bar	100	150
Energy regeneration	5 every 15 minutes	5 every 10 minutes
Advanced player search	No	Yes
Notebook	No	Yes
Donator forums	No	Yes

There are also medals for holding donator status for a total number of days.

Two ways to pay:

Option	Price	You receive
Standard Donator Pack	$5.00 each, with discounts on bulk orders	An item that gives 31 days of status and 60 points when used
Monthly subscription	$4.85 a month	31 days of status and 90 points each month, plus two Subscriber Rewards on the 1st of the month
Annual subscription	$48.50 a year	372 days of status and 1,080 points at purchase

A **Donator Pack** arrives as an item in your inventory and does nothing until you press *Use*. Because it is an item, packs can be traded between players, sold in a bazaar or on the item market, and sold to the Pawn Shop. A **subscription** skips the item and credits days and points straight to your account. Subscribers also get Subscriber Rewards (such as caches, supply

packs and books), entry into prize draws, and holiday gifts.

Bulk pack orders above a certain size are discounted by 21%, with a further discount for crypto payments. If you still have pack days left when you start a subscription, they are kept and resume when the subscription ends.

Step by step

1. **Decide whether you need it yet.** In your first weeks, your energy is rarely the bottleneck; learning the game is. Donator status pays off once you train or chain every day.
2. **If you want to pay,** open the Donator House in the City and choose a Standard pack or a subscription. Payment methods include PayPal, Amazon and crypto on the website, and Google Play on the Android app.
3. **If you bought a pack,** go to your items and use it. Unused packs give nothing.
4. **If you do not want to spend money,** buy a Donator Pack from another player with in-game money on the item market or in a bazaar. This is the common route for free players once they earn steadily.
5. **To cancel a subscription,** cancel where you paid: PayPal's automatic payments, the cancel button on the Donator House page for Amazon, or the Play Store's subscriptions page. You keep the days already paid for.

Examples

Energy over a day. With donator status you regenerate 5 energy every 10 minutes, which is 720 energy a day, against 480 without it. That is 50% more natural energy for training at the gym or attacking, before counting the larger bar that holds 150 instead of 100 between logins.

Pack vs subscription for points. Twelve standard packs at full price cost $60 and give 720 points over 372 days. An annual subscription costs $48.50 and gives 1,080 points for the same number of days, plus monthly rewards. For a long-term player the subscription is better value; packs are better if you want flexibility or plan to resell.

Buying with game money. Instead of spending dollars, a player who has built up savings buys one Donator Pack from the item market. The price there is set by players and moves over time, so it is checked on the day rather than assumed.

Advanced tips

- Time a pack around your training plan. If you are saving energy for a happy jump, have donator status active so your bar holds 150 and regenerates faster during the stacking period.
- Packs expire at 13:00 TCT on their final day, so using a new pack just before that keeps your status unbroken.
- The points from a pack can be worth a large part of its in-game price. Check the points market price before deciding whether to keep the points or sell the pack unopened.
- Subscriptions have the best odds at the rare items in Subscriber Rewards. If you want those specifically, packs are not a substitute.

Common mistakes

- **Buying a pack and never using it.** The status and points only arrive when you use the item from your inventory.
- **Thinking donator status is required to compete.** Many strong players are free players who buy packs with in-game money, or play without them. It speeds training; it does not decide outcomes.
- **Paying an unofficial seller real money for in-game goods.** Real-money trading outside the Donator House breaks Torn's rules and puts your account at risk. Only buy through the official page.
- **Assuming a refund is automatic.** Refund requests go to Torn's payments team by email, usually only within 30 days and only where the goods can be taken back from your account.

Sources

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Torn wiki: Donator Pack: https://wiki.torn.com/wiki/Donator_Pack, retrieved 2026-11-23

Torn wiki: Point: https://wiki.torn.com/wiki/Point, retrieved 2026-11-23

Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Related guides: Points and the Points Building, Energy, Gym training, Trading and markets

Game rules and Federal Jail

What Federal Jail is, how it differs from the city jail, how to appeal, and the common ways players get banned without meaning to.

Version 1.0. Published 24/11/2026, last reviewed 24/11/2026.

Introduction

Federal Jail is Torn's version of a ban. Players call it being "fedded". Unlike the ordinary city jail, which is part of normal play, Federal Jail locks you out of the game entirely. This guide explains how it works, what to do if it happens, and the habits that keep your account safe.

> **Note**
> This guide summarises how Federal Jail works. The rules themselves are set by Torn and published in its Player Policies and rules pages. If you are unsure whether something is allowed, ask Torn staff before doing it.

How it works

Staff send a player to Federal Jail when there is enough evidence that they broke a game rule.

City jail	Federal Jail	
Cause	Failing crimes and similar in-game actions	Breaking Torn's rules
Can you play?	Partly; many features still work	No; the game cannot be used
Can others get you out?	Yes, by busting or bailing	No

Federal reports. While in Federal Jail you can use the Federal Report feature to talk to the staff member handling your case. Their identity stays anonymous. You can give information that may help your case. Abusing the feature can lead staff to restrict it.

Permanent Federal Jail. If your sentence is permanent, you must wait at least 90 days, with staff approval, before starting a new account. A new account made earlier will also be jailed. Contact staff before restarting if you are unsure.

Other punishments carry on. Federal Jail does not cancel mail or forum bans; they can still be running when you come out.

Step by step

1. **Read Torn's rules** when you join, and again before trying anything unusual such as tools, scripts or sharing your account.
2. **Only use tools that respect Torn's API rules.** Share keys only with tools you trust, using the lowest access level that works; see Sharing your API key safely.
3. **Pay for donator status only through the official Donator House.**

4. **If you are fedded,** read the reason, then use the Federal Report feature to respond calmly with relevant facts.
5. **If the sentence is permanent,** wait the required time and check with staff before making a new account.

Examples

An honest question first. A player wants to use a browser script that automates clicking. They ask staff whether it is allowed before installing it. This is the safe path: automation that plays for you is commonly against game rules, and asking first costs nothing.

A calm appeal. A player is jailed for being linked to another account. In the Federal Report they explain, with details, that the other account is a family member on the same home connection. Staff can then review the case with that context.

Starting over. A player with a permanent sentence makes a new account after a week. The new account is jailed too, because the 90-day minimum had not passed.

Advanced tips

- Keep any discussion with staff factual and polite. The Federal Report is your chance to add information, not to argue.
- If several people play Torn from the same home or device, let staff know in advance to avoid confusion.
- Never give your password to anyone, including faction leaders. API keys exist so you never have to.

Common mistakes

> **Not confirmed**
> The causes below are general guidance drawn from the Federal Jail and Donator pages and from Torn's API terms. This guide has not yet been checked line by line against Torn's Player Policies page, so treat the official rules as the final word.

- **Buying in-game goods for real money from other players.** Only the official Donator House sells paid items.
- **Running more than one account, or playing someone else's.** Account sharing and multiple accounts are a common cause of bans.
- **Using automation that plays for you.** Tools that read the API within its rules are different from scripts that click or act in the game for you.
- **Remaking an account too soon.** Wait the full period and confirm with staff.

Sources

Torn wiki: Federal Jail: https://wiki.torn.com/wiki/Federal_Jail, retrieved 2026-11-23

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Torn wiki: Donator: https://wiki.torn.com/wiki/Donator, retrieved 2026-11-23

Torn wiki: API: https://wiki.torn.com/wiki/API, retrieved 2026-11-23

Related guides: Jail and busting, Sharing your API key safely, Donator status and subscriptions, Common mistakes

Levels and ranks

How experience turns into levels, what each level unlocks, why some players hold their level, and how ranks follow.

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Introduction

Your level is the number most players look at first on your profile. It rises as you gain experience, unlocks new parts of the game, and raises your maximum life. It is not a measure of strength: battle stats decide fights, and two players of the same level can be wildly different.

How it works

Experience. There is no visible experience bar. Known sources of experience are:

- Attacking and winning. Leaving your opponent gives the most experience. Mugging gives about 55 to 60% of that, and hospitalising about 40%. Higher-level opponents give more.
- Committing crimes.
- Training in the gym.
- Holding a job and gaining work stats.
- Some company specials that trade job points for experience (Clothing Store, Nightclub, Hair Salon, Theater).

Whether other activities such as busting, gambling, flying or racing give experience is not known.

Levelling up. When you have enough experience, an [Upgrade] link appears next to your level. Levelling only happens when you click it.

What levels unlock:

Level	Unlocks
2	Bookies
3	Joining a company, the Lottery
4	Blackjack
5	Auction House, Poker, and a further mission unlock (the wiki does not say exactly which)
6	Russian Roulette
7	Spin the Wheel
10	Directing your own company
13	Global chat (you lose access to the new players' chat and forum)
15	The travel agency

Levels also raise your maximum life (up to 5,000 at level 100) and let you buy more merits: one for every two levels.

Ranks. Your rank title changes at levels 2, 6, 11, 26, 31, 50, 71 and 100. Many honours and medals are also awarded for levelling.

Level holding. Because the Upgrade link waits for you, some players deliberately stay at a lower level so others underestimate them. Experience keeps building, and they can jump several levels at once later. A 10-star Candle Shop special can reveal a player's true level, and paying the Fortune Teller in China ($75,000) or working in a 7-star Game Shop shows how close you are to your next level.

Step by step

1. Click Upgrade whenever it appears, unless you have a reason to hold.
2. Plan around the unlocks: level 15 opens travel, which opens overseas trading.
3. When choosing whom to attack, remember that leaving a defeated opponent gives the most experience.
4. Do not judge a player's strength by their level. Check their profile, their faction, and if possible their battle stats.

Examples

- A level 14 player saving money for travel needs one more level before the travel agency opens.
- Two level 30 players: one has trained for two years, the other levelled quickly from attacks. Their battle stats, not their level, will decide who wins.

Advanced tips

- Some activities match players by level, so holding level can matter in competitive events and when attacking for bounties or missions.
- Experience from attacks depends on the result you choose. If experience matters more than money, leave rather than mug.

Common mistakes

- **Treating level as strength.** It is mainly a measure of experience.
- **Forgetting to click Upgrade.** You will not get the life or merit benefits until you do.
- **Holding level without a plan.** It only helps if you have a reason to be underestimated.

Sources

Torn wiki: Level and Ranks: https://wiki.torn.com/wiki/Level_and_Ranks, retrieved 2026-11-23

Torn wiki: Life: https://wiki.torn.com/wiki/Life, retrieved 2026-11-23

Torn wiki: Merit: https://wiki.torn.com/wiki/Merit, retrieved 2026-11-23

Related guides: Understanding Torn, Attacking basics, Your first week, Merits