Getting started guide, beginner

Common mistakes

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

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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- **Believing rumours.** Many "facts" passed around the game are out of date.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