Happy jumps

The technique of stacking energy and pushing happiness far above its maximum before one big gym session. How it works, what it costs, and the risks.

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Introduction

A happy jump is a planned training session where you first build up a large amount of energy, then raise your happiness far above its maximum, and then spend all of that energy in the gym before the extra happiness disappears. Because happiness has a large effect on gym gains, the same energy trained at very high happiness gives much more than it would normally.

"Happy jump" is a player term, not a game feature. This guide explains the mechanics it relies on and the real risks. The approach described is the Academy's summary of common practice, not an official recommendation.

How it works

The technique uses four mechanics, all documented on the official wiki:

1. **Happiness boosts gym gains**, especially when your stats are low.
2. **Happiness above your maximum resets** to the maximum at the next quarter hour (xx:00, :15, :30, :45). Whatever you build must be used inside one quarter.
3. **Ecstasy doubles your happiness**, so anything added before taking it is doubled too.
4. **Energy can be stacked above your maximum** with Xanax (+250 each), energy drinks and refills, up to 1,000 energy held at once.

The common order is: build energy over many hours, wait for a quarter hour to pass, add flat happiness (for example Erotic DVDs at 2,500 each), take Ecstasy to double the total, then train every point of energy immediately.

The limits.

- You cannot take a drug while a previous drug's cooldown is running. Xanax's cooldown is 6 to 8 hours, so stacking several takes most of a day, and you must wait for the last one to end before taking Ecstasy.
- Erotic DVDs, candy and energy drinks all add to your 24-hour booster cooldown.
- Every train lowers happiness by 40 to 60% of the energy used, so the session gets a little less effective as it goes.

The risks.

Risk	What happens
Xanax overdose	All energy, nerve and happiness lost, about 5,000 minutes in hospital, longer cooldown, 100 addiction points

Risk	What happens
Ecstasy overdose	All energy and happiness lost, so the energy you stacked is gone
Addiction	Every drug adds addiction, which lowers your stats and company effectiveness and, when high enough, removes you from your education course
Sports Science Lab	Taking more than 150 Xanax and Ecstasy in total locks you out of this gym for good

Not confirmed
Whether energy above your maximum stops natural regeneration, as nerve does, is not stated on the energy page. Players generally plan as if it does.

Step by step

1. Decide whether a jump suits you. If you hope to use the Sports Science Lab one day, count your lifetime Xanax and Ecstasy first.
2. Make sure your booster and drug cooldowns are clear and you will not be interrupted.
3. Build energy over the day: natural regeneration, your daily refill, and Xanax doses spaced by their cooldowns.
4. When the last drug cooldown has ended, wait for the next quarter hour to pass.
5. Use your flat happiness items, then take Ecstasy.
6. Train all your energy straight away in your best gym for the chosen stat.
7. Record the result and compare it with a normal session using the Gym gains estimator.

Examples

- A player with a 5,025 maximum (Private Island) uses one Erotic DVD (2,500), reaching 7,525, then Ecstasy doubles it to 15,050. They must train before the next quarter hour.
- A player who takes Ecstasy at 10:13 TCT has two minutes before the reset at 10:15. Waiting until just after 10:15 gives a full fifteen minutes.

Advanced tips

- The 10-star Adult Novelties special doubles an Erotic DVD to 5,000 happiness.
- The faction Toleration branch lowers overdose chances by up to 30%, and a 7-star Nightclub halves it. Neither removes the risk.
- The benefit of a jump is largest for players whose stats are still low, because happiness matters most there. Very strong players often get more from stat enhancers.

Common mistakes

- **Starting just before a quarter hour.** The extra happiness vanishes within minutes.
- **Taking Ecstasy while Xanax is still active.** You cannot take a second drug during a drug cooldown.

- **Ignoring overdose risk.** An Ecstasy overdose wipes the energy you spent a day building.
- **Jumping during an education course** without considering that the addiction from repeated jumps can get you removed from the course.

Sources

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

Torn wiki: Item Cooldowns: https://wiki.torn.com/wiki/Item_Cooldowns, retrieved 2026-11-23

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

Related guides: Gym training, Happy, Drugs, Boosters and cooldowns, Long-term stat planning