Getting started guide, beginner

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

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

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

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