Getting started guide, beginner

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

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

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

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