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

Torn wiki: City: https://wiki.torn.com/wiki/City, 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

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