Warden's Eye Academy

Beginner handbook

The essentials in order. What the game is, the four bars, your first stats, your first money, your first crimes and finding a faction.

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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

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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

Energy

The green bar that pays for gym training, attacks and revives. How fast it refills, every way to get more, and what makes you lose it.

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Introduction

Energy is the green bar in your sidebar. It is the resource you spend on gym training and on attacking other players, so for most players it decides how fast their character grows. Learning where energy comes from, and never letting it go to waste, is one of the first habits worth building.

How it works

Natural regeneration. Your energy bar fills from empty to its maximum in five hours.

Account	Maximum	Regeneration
Standard	100	5 energy every 15 minutes
Donator or subscriber	150	5 energy every 10 minutes

Regeneration stops when the bar is full, so any time spent at maximum is lost energy.

Ways to get more energy:

- **Points refill.** For 30 points at the Points Building you can refill your energy bar to its maximum once per Torn day. The limit resets at 00:00 TCT. If you have free refills from inactivity, those are used first.
- **Drugs.** Xanax gives 250 energy and LSD gives 50, unless you overdose. Both come with a drug cooldown and addiction. See Drugs.
- **Energy drinks.** Cans give between 5 and 30 energy each and add two hours of booster cooldown. A faction's Voracity upgrades can raise the energy from cans by up to 50%.
- **Feathery Hotel Coupon.** Refills your energy bar (150 for a donator) and adds six hours of booster cooldown.
- **Company specials.** Several companies let employees trade job points for energy, for example +3 energy for 1 job point at 1-star Furniture Stores, Pubs and Restaurants, and +7 at a 10-star Farm. Energy specials are limited to 100 job points per day.
- **Stocks.** The Mc Smoogle Corp (MCS) benefit block pays 100 energy every 7 days per increment, up to 10 increments (1,000 energy).
- **Other sources** include the quarterly email newsletter (a one-time link worth 250 energy), Green Easter Eggs (500 energy) and the Torn Anniversary event.

You can hold at most 1,000 energy at once.

What energy costs:

Action	Energy
One gym train	5 to 50, depending on the gym
Attacking a player	25
Reviving a player	25 to 75, depending on your faction's Fortitude upgrades
Hunting in South Africa	10 (plus $500)
Searching the Dump, praying at the Church	5

Losing energy. Overdosing on certain drugs empties the bar, Shrooms costs up to 25 energy, and a parcel containing a Horse's Head or radiation poisoning from a Dirty Bomb also empties it.

Step by step

1. Before logging off, spend your energy so the bar can regenerate while you are away.
2. Return within about five hours of emptying the bar, before it fills and stops.
3. Use your daily points refill when your bar is empty, not when it is half full, so you get the whole bar's worth.
4. Decide what your energy is for. Most new players should put nearly all of it into the gym (see Gym training).
5. If you start using energy drinks or Xanax, check your booster and drug cooldowns first and read the overdose risks.
6. Use the Energy planner to see what a day's energy adds up to.

Examples

- A donator empties their bar at 09:00 TCT and logs back in at 14:00 TCT: the bar has refilled to 150, ready to train again.
- A standard player who sleeps for eight hours with a full bar wastes the whole night's regeneration. Spending it before bed means waking up to 100 fresh energy.
- With a donator bar, one points refill and one Xanax, a full day might give about 150 (start) + 720 (regeneration over 24 hours) + 150 (refill) + 250 (Xanax) = 1,270 energy, if every tick is used. In practice sleep and real life make it lower.

Advanced tips

- Energy drinks and coupons share the 24-hour booster cooldown with candy, alcohol and stat enhancers. Plan which boosters matter most to you before you stack them.
- Stacking energy above your maximum before training is the basis of a happy jump. That has real costs and risks, so read that guide before trying it.
- Faction armouries can be set up to give members energy refills. Ask your faction what is available.

Not confirmed
The energy page notes a former limit of 100 special (inactivity) refills per week, removed in Patch list #455 (28/10/2026). Check in game if you rely on large numbers of stored free refills.

Common mistakes

- **Leaving the bar full.** The single most common waste of energy.
- **Refilling a half-full bar.** The refill only tops you up to the maximum, so half the value is thrown away.
- **Attacking for no reason.** Each attack costs 25 energy that could have been four or five gym trains. Attack when it earns something: respect, money, a mission or a bounty.
- **Taking Xanax without reading the overdose effects.** An overdose costs all energy, nerve and happiness and a long hospital stay.

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

Torn wiki: Stock Market: https://wiki.torn.com/wiki/Stock_Market, retrieved 2026-11-23

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

Related guides: Gym training, Boosters and cooldowns, Drugs, Attacking basics, Happy

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

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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

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.

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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

Related guides: Gym training, Happy jumps, Properties, Boosters and cooldowns

Life

Your health points. How much you have, how fast it comes back, what happens at zero, and how to raise your maximum.

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Introduction

Life is your character's health. You lose it in fights, and if it runs out you end up in hospital. Life is mostly about combat, but crimes, drugs and some events can also put you in hospital, so it matters to every player.

How it works

Maximum life starts at 100 and rises as you level, reaching 5,000 at level 100. Bonuses raise it further:

With	Maximum life at level 100
No upgrades	5,000
10 Life Points merits (+5% each)	7,500
Merits and faction specials	9,000
Merits, faction specials and Mining Corporation	9,900
All of the above and Marauder armour	13,266

Regeneration. Life comes back at 5% of your maximum every five minutes. Some perks increase this, such as the faction Fortitude branch's life regeneration upgrade.

Losing life. In a fight, every hit you take lowers your life, and several attackers can hit you at once. Some events set your life to 1 directly: being hospitalised by a drug overdose or a crime, losing at Russian Roulette, or using the wrong type of blood bag.

At zero life you have lost the fight. If you were the defender, you stay at zero, unconscious, until the attacker chooses to leave, mug or hospitalise you. While unconscious you cannot travel, attack or be attacked. If you were the attacker, you go to hospital with 1 life.

Hospital. Once in hospital you stay until your hospital timer runs out, even if your life is full. Medical items, revives and some drugs shorten or end your stay. See Hospital and revives.

Step by step

1. Before attacking, check your life is full; starting a fight half-healed is starting it half-beaten.
2. Spend merits on Life Points if you plan to fight or defend a lot.
3. Keep a few medical items so you can heal after a fight.
4. If you are hospitalised, check the timer and decide whether to wait, use a medical item or ask for a revive.

Examples

- A player with 4,000 maximum life regenerates 200 life every five minutes, so goes from empty to full in about 100 minutes.
- Spending all 10 merits on Life Points at level 1 and then levelling to 50 gives the same result as spending them at level 50: the bonus is a percentage of whatever your base life is.

Advanced tips

- If your maximum life drops, for example by taking off armour that adds life or changing faction specials, your current life stays where it is until you lose it normally.
- Marauder armour's Imperviable bonus raises maximum life by a percentage per piece, which is how the very highest life totals are reached.

Common mistakes

- **Attacking with low life.** A strong opponent can put you in hospital in one or two turns.
- **Expecting full life to end a hospital stay.** The timer decides when you leave, not your life.
- **Using an incompatible blood bag.** It sets your life to 1 and hospitalises you. Check your blood type first.

Sources

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

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

Related guides: Hospital and revives, Attacking basics, Medical items, Merits

Battle stats

Strength, speed, defence and dexterity. What each stat is for in a fight, how they grow, and how passives and boosts change them.

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Introduction

Your four battle stats decide how well you fight. They grow mainly through gym training, and they are the main thing that separates a strong player from a weak one, far more than level. Other players cannot see your exact stats, which is a large part of what makes combat in Torn tense.

How it works

The four stats.

Stat	What it does in a fight
Strength	How much damage your hits do
Speed	How likely your hits are to land
Defence	How much damage you take from hits
Dexterity	How likely you are to dodge hits

> **Not confirmed**
> The descriptions above are the widely documented roles of each stat. The official Battle Stats wiki page was not among the pages reviewed for this edition, and the exact combat formulas are not published.

How they grow. The gym is the main source. Each gym trains each stat at its own rate, and some gyms cannot train some stats at all. Stat enhancers are a second, expensive source; the most any single enhancer can give is capped at 5 trillion.

Passive bonuses change your effective stats in a fight without changing the trained number:

Source	Bonus
Merits: Brawn, Sharpness, Protection, Evasion	+3% per merit to strength, speed, defence, dexterity, up to 10 merits each
Faction Aggression branch	Up to +20% strength and +20% speed
Faction Suppression branch	Up to +20% defence and +20% dexterity
Education	Many courses give 1 or 2% to one stat
Sentinel and Vanguard armour	Raise defence and dexterity passives

Temporary changes. Drugs raise or lower stats while their effect lasts (for example Xanax lowers all four by 35%), and addiction lowers them over time. In a fight, temporary items change stats too: Tyrosine raises your dexterity by 500% for two minutes, while Pepper Spray cuts an opponent's dexterity to a fifth and a Flash Grenade cuts their speed to a fifth.

Stat score and fair fight. When you attack someone for respect, the game compares your battle stats with theirs. Attacking someone with stats close to yours earns a higher fair fight bonus (see Respect).

Step by step

1. Look up your four stats on your home page.
2. Decide whether you want to build them evenly or specialise (see Long-term stat planning).
3. Train in the best gym you have unlocked for the stat you chose.
4. Add passives over time: merits, faction specials, education.
5. Avoid drug use during training sessions unless you understand the effect on your stats.

Examples

- Ten Brawn merits give +30% strength in fights. A player with 1,000,000 strength fights as if they had 1,300,000, before any other bonuses.
- An opponent hit with a Flash Grenade has a fifth of their speed for 15 to 20 seconds, so for those turns their hits land less often.

Advanced tips

- Specialist gyms reward unbalanced stats: Balboas Gym and Frontline Fitness need one pair of stats 25% higher than the other pair, and the four 8.0 gyms need one stat 25% above your second highest.
- Passive percentages multiply whatever you have trained, so they are worth more the stronger you get.

Common mistakes

- **Training only one stat with no plan.** It can make you easy to beat for anyone who counters it.
- **Judging others by level.** Two players at the same level can have very different stats.
- **Forgetting drugs affect stats.** Fighting while a drug lowers your stats can cost you a fight you would otherwise win.

Sources

Torn wiki: Battle Stats: https://wiki.torn.com/wiki/Battle_Stats

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Related guides: Gym training, Long-term stat planning, Attacking basics, Merits

Gym training

How gyms work, how to unlock better ones, what affects your gains, and how to estimate a session's results.

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Introduction

The gym turns energy into battle stats. For most players it is where most energy goes for months or years, so small improvements, a better gym, higher happiness, a few percent of bonus, add up to a great deal. This guide covers how gyms are unlocked, what decides your gains, and how to estimate them.

How it works

Gyms and gym dots. There are 33 gyms: 24 standard gyms in three weight classes, ending at George's, and nine special gyms. Each gym trains each stat at its own rate, shown as up to ten bars, which players call gym dots. Premier Fitness, where everyone starts, has 2.0 for every stat; George's has 7.3.

Class	Gyms	Energy per train	Gains
Lightweight	Premier Fitness to Global Gym (8 gyms)	5	2.0 to 4.0
Middleweight	Knuckle Heads to Deep Burn (8 gyms)	10	4.0 to 6.0
Heavyweight	Apollo Gym to George's (8 gyms)	10	6.0 to 7.3

Some gyms cannot train every stat. Beach Bods has no dexterity, Davies Den has no speed, and Legs, Bums and Tums has no strength.

Unlocking gyms. Training earns gym experience. When you have enough, the next gym opens for a membership fee, from $10 for Premier Fitness to $100,000,000 for George's. After George's you stop earning gym experience.

Specialist gyms need a stat balance as well as a fee, and you are moved out if you stop meeting it (you keep the membership):

Gym	Needs	Trains
Balboas Gym	Cha Cha's unlocked; defence + dexterity 25% above strength + speed	Defence and dexterity at 7.5
Frontline Fitness	Cha Cha's unlocked; strength + speed 25% above defence + dexterity	Strength and speed at 7.5
Gym 3000, Total Rebound, Mr. Isoyamas, Elites	George's unlocked; that stat 25% above your second highest	One stat at 8.0
The Sports Science Lab	Last Round unlocked; no more than 150 Xanax and Ecstasy taken in total	All four at 9.0

The jail gym. Crims, inside the jail, trains strength and speed at 3.4 and defence at 4.5, but not dexterity. Its defence gains beat every lightweight gym, so a new player in jail should train defence there.

What affects gains. The amount you gain per train depends on the gym's dots for that stat, the energy per train, your current happiness, your current stat, and any bonuses: faction Steadfast upgrades, education, books and company specials. Each train also costs happiness, 40 to 60% of the energy used.

> **Estimate**
> The official wiki publishes a community-fitted formula for gains per train: (bonuses) x (gym dots) x (energy per train) x [(a x ln(happy + 250) + c) x stat + d x (happy + 250) + e], with constants estimated by players. The Gym gains estimator uses it. Treat its results as estimates.

The stat cap. Before August 2022, gym gains stopped growing above 50,000,000 in a stat. That cap was removed; gains now keep rising slowly, though for most players the difference is small until stats reach the billions.

Step by step

1. Train the stat you have chosen in the best gym you own for that stat.
2. Train with your happiness at or near its maximum.
3. Unlock each new gym as soon as you can; the step up in dots is worth more than almost any other early improvement.
4. Take education courses that add gym gains, such as the Sports Science courses that add 1% to one stat's gains.
5. Read books when you have them: some add 20 or 30% to gym gains for 31 days.
6. Estimate a session with the Gym gains estimator and compare with what you actually get.

Examples

- Moving from Premier Fitness (2.0) to Average Joes (2.4 strength) raises strength gains by about a fifth for the same energy.
- In a middleweight gym at 10 energy per train, 150 energy is 15 trains. With a happiness loss of about half the energy, those trains cost roughly 75 happiness in total.

Advanced tips

- Book: Get Hard Or Go Home adds 20% to all gym gains for 31 days; the single-stat books add 30% to one stat. Save a big training push for when a book is active.
- The happiness lost per train is the same whatever the source of the energy, so a refill, Xanax and natural energy cost the same happiness per train.
- If you plan to use the Sports Science Lab later, keep count of the Xanax and Ecstasy you take; the limit is 150 in total.

Common mistakes

- **Staying in an old gym.** Not buying the next membership as soon as you qualify.
- **Training at low happiness.** The same energy gives noticeably less.
- **Training dexterity in a gym that cannot train it.** Check the gym's bars first.
- **Taking drugs carelessly before you can reach the Sports Science Lab.**

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The city map, shops and city finds

Where everything is on the city map, the daily limit on shop purchases, how free items appear on the map each day, and how awareness raises how many you find.

Version 1.0. Published 24/11/2026, last reviewed 24/11/2026.

Introduction

The city is Torn's main hub: an interactive map where every shop, service and building lives. It is also where free items appear each day for players who look. This guide shows you how the map is laid out, what the shops can and cannot sell you, and how to find more items with awareness.

How it works

Districts. The city's quick links group places by district:

District	Places
West Side	Education, your gym, Travel Agency
North Side	Auction House, Bazaar Directory, Church, Item Market, Points Building, Points Market
Red-Light	Casino, Dump, Loan Shark, Missions, Raceway
Residential	Estate Agents, your house
Center	Chronicle Archives, City Hall, Committee, Community Center, Hospital, Jail, Museum, Staff, Visitor Center
Financial	Bank, Donator House, Messaging Inc, Stock Market
East Side	Big Al's Gun Shop, Bits 'n' Bobs, Cyber Force, Docks, Jewelry Store, Nikeh Sports, Pawn Shop, Pharmacy, Post Office, Print Store, Recycling Center, Super Store, Sweet Shop, TC Clothing

Some places only open once you reach a level or finish an education course.

Daily shop allowance. You can buy up to 100 items a day in total from the East Side shops. The allowance refreshes at the new Torn day (00:00 TCT).

City finds. Each day at midnight TCT, items may appear at random spots on your city map, as long as you were active at some point in the previous 24 hours. You see them by zooming in and click to pick them up. Playing more does not make more items appear. Most items can be found, but valuable or special ones cannot, including Dubai luxury weapons, cache gear, exclusive NPC loot, cars, boosters, exotic flowers and (since late 2024) stat enhancers. Seasonal items can appear during their events.

Awareness raises how many items you find. Bonuses add together rather than multiply:

Source	Extra awareness
Each merit in awareness	+20%
Psychology course PSY2680	+10%
Working at a Firework Stand or Candle Shop	+50%

Source	Extra awareness
Working at a Zoo	+70%
Book: Finders Keepers (31 days)	+2,500%
Awareness Awareness Week (third week of January)	An unpublished boost for everyone

Territory. Factions can claim blocks of the city map for daily respect. Each block has a base of 15 respect a day, multiplied by its sector (×1.00 to ×2.50, central being highest), its size (×1.00 to ×2.00) and what is on it (×1.00 for empty fields, ×2.00 for buildings, ×3.00 for landmarks). The territory view is off by default and can be turned on under the map.

Step by step

1. **Open the city** and use the quick links if the map feels busy.
2. **Check your map once a day** after midnight TCT. Zoom in and scan for item icons; click each to collect it.
3. **Sell or use what you find.** Many finds are cheap, but some are worth real money on the item market.
4. **Plan bulk shop purchases** around the 100-item daily limit, for example when buying plushies or flowers to resell.
5. **Add awareness over time** if city finds interest you: a merit or two, the Psychology course, or a job at a company that gives awareness.

Examples

Adding up awareness. A player has 2 merits in awareness (+40%), finished PSY2680 (+10%) and works at a Zoo (+70%). Their total is 40 + 10 + 70 = +120% extra awareness, not a multiplied figure.

Territory respect. A block in sector 1 (×2.50), of large size (×1.75), with buildings (×2.00) gives 15 × 2.50 × 1.75 × 2.00 = 131.25 respect a day, under the multipliers published on Torn's wiki.

Hitting the shop limit. A player buys 60 items at the Super Store and 40 at Bits 'n' Bobs. The next East Side purchase is refused until the new day.

Advanced tips

- City finds count only if you were active in the previous 24 hours, so a short daily login keeps them coming.
- A Dirty Bomb closes the Airport and most of the East Side for a while, and Cesium-137 often appears as a city find afterwards.
- Factions see territory rackets, criminal enterprises that spawn on random blocks, from the territory views on the map.
- Donators open the notebook from a button at the bottom right of the chat bar.

Common mistakes

- **Thinking more clicks give more finds.** Items spawn once a day; activity level no longer affects how many.
- **Expecting to find rare items.** The most valuable items are excluded from city finds entirely.
- **Running out of shop allowance before an important purchase.** Buy what matters first each day.

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Related guides: Understanding Torn, Your first week, Early money, Merits, Education

Early money

Realistic ways for a new player to earn their first millions, and what each one costs in energy, nerve or time.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Money buys the things that make you stronger: a better property, education, gym memberships and, later, investments. Early on, you have little to invest, so the best income uses resources you already have, such as nerve, time and attention, rather than energy you need for training.

How it works

The main early sources are:

Source	What it costs	Notes
City job	Nothing; pays daily	Small amounts, but also gives work stats and job points
Crimes	Nerve	Pays money or items, and builds crime experience
City finds	Your attention	Items spawn on the city map each day at midnight for players who were active in the previous 24 hours
Selling items	Market fees	The Item Market charges 5% on sales; a Bazaar (250 points) charges none
Missions	Energy for attacks	Duke and other agents pay money and mission credits
Bounties	Energy for attacks	Paid for hospitalising the listed player
Hunting (level 15)	10 energy and $500 per session	In South Africa; income depends on hunting skill

Crimes. In Crimes 2.0, successful crimes pay cash, items or both, and build crime experience and skill. The first crime, Search for Cash, is available immediately. See Crimes 2.0.

City finds. Higher awareness means more items found. The Awareness merit adds 20% per upgrade. Finds can be sold or kept.

Missions. Contracts from Duke and other agents start easy and pay more as your standing grows. They also give mission credits, which buy weapon mods and other rewards. See Missions.

Step by step

1. Get a starter job on day one so pay and work stats start arriving.
2. Spend nerve on crimes you can succeed at. Failure pays nothing, and a critical failure costs experience.

3. Check the city map for finds every day.
4. Sell what you do not need. Small amounts go on the Item Market; when you have more to sell, a Bazaar saves the 5% fee.
5. Take missions from Duke and complete the easy ones.
6. Put your savings into a better property and education before anything else.

Examples

- Selling $1,000,000 of items on the Item Market returns $950,000 after the 5% fee. Through a Bazaar it returns the full amount.
- A hunting session costs 10 energy and $500. Whether it is profitable depends on your hunting skill; at low skill, your energy may be better spent in the gym.

Advanced tips

- Money that sits in your wallet can be lost to muggers. Keep only what you need on hand. The bank, your property vault and your faction are all safer places to hold money.
- Track what you earn per unit of nerve or energy. The best method for one player is not always the best for another.

Common mistakes

- **Spending all your energy on money-making.** Early on, training usually matters more.
- **Carrying cash.** A mugging takes a share of the money on hand.
- **Paying fees you do not need to.** Large sales through the Item Market lose 5%; a Bazaar avoids that.
- **Buying cosmetics before property and education.**

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Related guides: Your first week, Crimes 2.0, City jobs, Missions, Trading and markets, Bounties

Points and the Points Building

How points are earned, what the Points Building sells and what each upgrade is worth, how the points market works, and which purchases to make first.

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Introduction

Points are Torn's second currency. They buy the one-off unlocks that are not otherwise available, such as the Stock Ticker and your bazaar, and the daily refills that serious players use every day. Points cannot be traded directly between players; they move through the points market or a faction's armoury. This guide covers where points come from, what to spend them on, and how to buy them without overpaying.

How it works

Where points come from:

Source	Points
Points market	Bought from other players with in-game money
Donator Pack	60 per pack
Subscription	90 a month, or 1,080 a year
Museum exchanges (after the Bachelor of History)	10 for a flower or plushie set, up to 10,000 for the rarest artifacts
Published newspaper comic or article (level 10+)	250 each
Referring a new player	250
Spin the Wheel in the casino	1 to 100 by chance
PointLess (PTS) stock benefit block	100 per increment every 7 days

Points used to come from ranked war rewards, but that was removed in May 2025. Since then, museum sets from travelling are the main way to earn points in game without buying them.

What the Points Building sells:

Purchase	Cost	Notes
Energy refill	30	Once per Torn day, resets at 00:00 TCT
Nerve refill	30	Once per Torn day
Casino token refill	30	Once per Torn day
Stock Ticker	50	One-off; needed to trade stocks
Racing License	50	One-off; needed to race
Friend, enemy or target capacity	50 each	Up to 500 of each
Loadout capacity	50	Extra loadout slots; can be bought up to 6 times
Display Cabinet	100	One-off; shows items on your profile

Purchase	Cost	Notes
Bazaar	250	One-off; sell items to players tax-free
One merit	300	Up to half your level in bought merits
Merit reset	500 to 5,000	Each reset costs more than the last
Big Al's Bunker	2,500	Trade unwanted weapons and armour for bunker bucks
Hairstyles, backdrops, honor bars	50 to 1,500	Cosmetic; honor bars have level requirements

If you have free refills, for example from a gift, you must use them before you can buy the daily refill.

The points market is where players list points for sale at a price per point, capped at $100,000. Your own listings always appear at the top of the list for you. The going price changes with demand.

Step by step

1. **Buy the Stock Ticker early** if you plan to invest; it is cheap and permanent. See Stock market basics.
2. **Buy the bazaar** once you have items to sell regularly. Selling to players without fees soon earns back 250 points.
3. **Decide whether daily refills are worth it for you.** An energy refill is the strongest daily use for a player who trains or chains every day; a nerve refill suits heavy criminals.
4. **Check the points market price** before converting money into points. Compare the cost of a refill (30 points times the market price) with what that energy or nerve will earn or train for you.
5. **Hold off on bought merits and merit resets** until you know your build. They are the most expensive items in the building.

Examples

What a refill really costs. If points are selling for $40,000 each, an energy refill costs 30 × $40,000 = $1,200,000 in money terms. A player decides whether 150 extra energy of training (or 100 without donator status) is worth that today. The price used here is an example only; check the market on the day.

Bazaar payback. The item market takes a 5% sales fee; a bazaar takes none. A player who sells $5,000,000 of goods a month on the item market pays $250,000 a month in fees. At an example price of $40,000 a point, the bazaar costs 250 × $40,000 = $10,000,000, so it pays for itself in about 40 months at that volume, and much sooner for heavier sellers.

Museum points. After completing the Bachelor of History, a player who brings back a full set of flowers from travel exchanges it in the museum for points instead of selling the flowers. Whether that is better depends on the flowers' market value against the points' market value that day.

Advanced tips

- A faction can move points between members through its armoury, which is how factions pool points for shared purposes.
- Free refills sometimes arrive as gifts, and New Year gifts have included a free merit reset. A free reset does not raise the price of your next paid reset.
- Honor bars for using 250 energy refills, 250 nerve refills or 250 casino token refills, and for resetting merits, can be earned with free refills too.
- If you hold many points, consider whether the PointLess stock block is worth working towards; it turns a stock holding into a weekly points income.

Common mistakes

- **Trying to send points by trade.** Points cannot be put in a trade. Use the points market, or your faction's armoury if it supports it.
- **Selling points to the Pawn Shop.** That option was removed in 2024; older guides that mention a fixed Pawn Shop price are out of date.
- **Buying merits before understanding the merit system.** At 300 points each, a merit placed in the wrong upgrade is expensive to undo. Read Merits first.
- **Spending refills by habit.** A refill is only good value if you use the energy or nerve well, at a good gym or on worthwhile crimes.

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Related guides: Donator status and subscriptions, Trading and markets, Merits, Stock market basics, Racing, The casino

Crimes 2.0

How today's crime system works, from nerve and subcrimes to the three outcomes and why a critical failure costs so much.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Crimes are how you spend nerve. They pay money and items, and they build two measures of your criminal career: crime experience, which grows your nerve bar and helps in organised crimes, and crime skill, which is tracked separately for each crime. Crimes 2.0 went live on 20 June 2023, and every account created since 22 January 2024 uses it automatically.

How it works

Crimes and subcrimes. There are 12 crimes in six categories:

Category	Crimes
Theft	Search for Cash, Shoplifting, Pickpocketing, Burglary
Counterfeiting	Bootlegging, Forgery
Vandalism	Graffiti, Arson
Fraud	Card Skimming, Hustling, Scamming
Illicit Services	Disposal
Cybercrime	Cracking

Each crime has several subcrimes. Some are available at level 1 of that crime; others unlock with a special item or a higher crime skill level. In Search for Cash, for example, the Trash, Subway and Junkyard are open straight away, the Beach needs a Metal Detector, the Cemetery needs a Cemetery Key, and the Fountain needs level 75.

Three outcomes.

Outcome	What happens
Success	Cash, items or both, plus crime experience and skill
Fail (orange)	No reward and no loss
Critical failure (red)	A large loss of crime experience and skill, often a whole level, plus jail, hospital, lost life, lost items or money, or a penalty specific to the crime

Time matters. Each subcrime's success rate depends on conditions that change over time, and the tooltip on each subcrime shows them. Searching the Cemetery is much easier while the groundskeeper is off duty, for example.

Unique outcomes. Some subcrimes have one-off results, marked with a star, that give better rewards or items needed for later subcrimes. The Metal Detector is a unique outcome from searching the Junkyard.

What is unknown. Whether battle stats or work stats affect crime success is not known.

Step by step

1. Open the crimes page and pick a crime with subcrimes you can attempt.
2. Read each subcrime's tooltip and choose the one with the best conditions right now.
3. Spend your nerve there until a better option opens up.
4. Collect unique outcomes when they appear; they often unlock the next subcrimes.
5. Move on to harder crimes as your skill levels rise, not before.
6. Read Crime progression to make your experience grow faster.

Examples

- A new player spends a 15-nerve bar on Search the Trash, succeeds most times, and earns a little cash while building skill and experience.
- A player at a low skill level tries a hard subcrime, gets a red result, drops a skill level and lands in jail. The same nerve on an easier subcrime would have moved them forward.

Advanced tips

- A critical failure also resets your crime chain bonus to zero and leaves you demoralised for a while, so the true cost is larger than the visible loss.
- The Criminal Law and Computer Science courses unlock or improve several crimes. Check the education course directory for crime-related outcomes.

Common mistakes

- **Chasing the best-paying subcrime too early.** Critical failures undo more progress than the reward is worth.
- **Ignoring the tooltip.** Conditions change through the day; the same subcrime can be easy or hard.
- **Treating failures as free.** An orange fail costs nothing directly but halves your crime chain bonus.

Sources

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Related guides: Nerve, Crime progression, Jail and busting, Organised crime, Early money

Finding and joining a faction

Why joining a faction matters, how applications work, what the recruit period means, and how to choose a faction that suits you.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

A faction is a group of players who play under one name and share resources. Members get the faction's special upgrades, such as gym gain bonuses and extra nerve, access to the armoury, organised crimes, and people to learn from. For most players, joining a good faction is the biggest single boost available in their first months.

How it works

Applications. You can have up to 10 pending applications at once. The list of factions you see is sorted to show factions with members similar to you first. You can edit or withdraw an application at any time.

- Applications expire after 72 hours if nobody answers.
- When one is accepted, all your other applications are removed.
- If an application is declined or withdrawn, you cannot apply to that faction again for 72 hours, unless the faction turns its applications off and on again.

The recruit period. New members start as recruits with limited access. After 72 hours they move to the faction's default position. Recruits cannot add hits to a chain until the 72 hours are up.

What factions differ on. Size, activity, which special upgrade branches they run, how much they war, whether they run organised crimes, what they expect from members, and how they share rewards.

Step by step

1. Decide what you want: help as a new player, steady organised crime, ranked wars, or a quiet group of friends.
2. Read faction profiles and their recruitment posts. Look for clear rules and an active leadership.
3. Apply to several factions at once; it saves waiting.
4. Answer messages quickly. Many factions ask new members a few questions.
5. When accepted, read the faction forum and announcements, and ask what is expected.
6. During the 72-hour recruit period, learn the faction's routines.

Examples

- A new player applies to five factions that advertise help for beginners. One accepts on day two; the other four applications disappear automatically.
- A player withdraws an application by mistake and cannot reapply for 72 hours, unless the faction resets its application setting.

Advanced tips

- Ask what special branches the faction runs. A faction with Steadfast gives gym bonuses; one with Criminality gives extra nerve and crime progression.
- During a ranked war, members cannot join or leave until it ends. Time a move between factions with that in mind.
- If you plan to share an API key with a faction tool, read Sharing your API key safely first and use the lowest access level that works.

Common mistakes

- **Joining the first faction that accepts you** without reading its rules.
- **Going quiet after joining.** Inactive recruits are often removed.
- **Leaving mid-commitment,** for example during an organised crime you have joined, which can cost the group progress.

Sources

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Related guides: Positions and permissions, Faction upgrades, Leading a faction, Your first week, Organised crime

Awards, honors and medals

How honors and medals work, why every award gives a merit, which awards are easy early wins, and where to track your progress.

Version 1.0. Published 24/11/2026, last reviewed 24/11/2026.

Introduction

Awards are Torn's achievements. Almost everything you do, from chaining to studying to staying married, has awards attached. They are worth chasing because every honor and medal gives you a merit, and merits buy permanent upgrades to your character.

How it works

There are two kinds of award:

Kind	What it is	Count
Honors	Small bars you can show on your profile	347, some no longer obtainable (shown in red)
Medals	Badges for milestones, often in tiers	376

Both give a merit when earned. Some honors are default: every player has them, including 135 flag honors.

Award categories cover attacking, chaining, weapons, the casino, crimes, drugs, education, gyms and stats, money and trading, jail and hospital, levels, commitment, items, missions, racing, recruiting, travel and more. Medals include level milestones every 5 levels, rank milestones, combat totals, crime totals and networth.

Networth medals need you to hold a networth for a number of days, for example $1,000,000 for 3 days for Millionaire, or $1,000,000,000 for 28 days for Billionaire.

Some honor bars can also be bought outright at the Points Building for 500 to 1,500 points, with level requirements. Those give the bar for display.

Step by step

1. **Open the Awards page** from your profile menu to see every honor and medal, what it needs, and your progress.
2. **Pick off the easy ones first.** Many come from things you will do anyway.
3. **Spend the merits** on upgrades that fit your plans; see Merits.
4. **Plan the long ones.** Commitment and networth medals reward steady play over months.

Examples

Early honors anyone can earn quickly:

Honor	Requirement
Another Brick In The Wall	Reach level 10
Chainer 1	Take part in a chain of 10 hits
Leonidas	Win with a finishing hit using Kick
Historian	Read a chronicle
Christmas in Torn, Trick or Treat, Torniversary, Tornication, Resolution	Log in on Christmas Day, Halloween, 15 November, Valentine's Day or New Year's Day

A long goal. Welcome needs you to be online every day for 100 days. Logging in daily also keeps city finds coming, so the two goals support each other.

Weapon honors. Each weapon type has an honor for 100 finishing hits with it, such as "2800 Ft/S" for rifles. War Machine needs 1,000 finishing hits in every category, which takes deliberate effort across many weapon types.

Advanced tips

- The holiday login honors are easy merits that are easy to miss. Note the dates.
- Merit-related honors exist too: "10-stack" for raising one merit upgrade to its maximum, and "Fresh Start" for resetting your merits.
- Honors for 250 energy, nerve or casino token refills can be earned with free refills as well as bought ones.
- Seeker, Decorated and Honored reward reaching 250, 100 and 500 total awards, so every small award brings those closer.

Common mistakes

- **Ignoring awards.** Each one is a merit, and merits are permanent upgrades. Easy awards are some of the best value in the game.
- **Selling assets just before a networth medal completes.** The networth must be held for the full number of days.
- **Assuming every honor is still available.** Legacy honors shown in red can no longer be earned.

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Related guides: Merits, Levels and ranks, Your first week, Points and the Points Building

Your first week

A practical seven-day plan for new players, built from how the game's systems actually work.

Version 1.0. Published 23/11/2026, last reviewed 23/11/2026.

Introduction

Your first week sets habits that pay off for years. This plan is the Academy's advice, not a rule, but every step is built on how the game works: energy and nerve regenerate whether you use them or not, education and training compound, and early decisions about where you live and work matter more than they look.

There is a printable version in Downloads.

How it works

Three things grow without you having to watch them, as long as you start them:

1. **Your bars.** Energy and nerve regenerate on fixed timers. Using them before they fill is free progress.
2. **Education.** A course runs in real time. Starting one on day one means it finishes days sooner.
3. **Work.** City jobs pay and give work stats daily, and job points build up to be spent on specials.

Everything else in the first week builds on those three.

Step by step

Day 1

1. Read Understanding Torn and find your gym, the Item Market and the Hospital.
2. Spend all your energy in the gym (see Gym training).
3. Spend your nerve on the easiest crimes.
4. Apply for a starter job. Army, Grocer and Casino need no work stats on your first day.
5. Start your first education course.

Days 2 to 3

1. Keep emptying your energy and nerve each time you log in.
2. Save money towards moving out of the Shack. A better property raises your maximum happiness, which raises your gym gains.
3. Read Early money and try one or two ways of earning.

Days 4 to 5

1. Unlock the next gym once you have the gym experience and the fee.

2. Look for a faction that welcomes new players (see Finding and joining a faction). A good faction gives advice, training help and, later, upgrades that boost you.
3. At level 3, consider a company job instead of a city job, if one offers better pay or useful specials.

Days 6 to 7

1. Review: what earned you the most? What did you waste?
2. Read Common mistakes.
3. Plan your next course and your next property.

Examples

- A player who empties a 100-energy bar three times a day trains with about 300 energy a day for free, compared with 100 for someone who logs in once and leaves it full.
- Starting a course on day one rather than day four means it finishes three days earlier, and every course after it does too.

Advanced tips

- Becoming a donator raises your maximum energy to 150 and regeneration to every 10 minutes. That is a real-money purchase; whether it is worth it is your choice.
- Some city jobs have passive rewards you keep forever once you reach the top position, such as the Education job's Principal rank, which shortens all future courses by 10%.
- Be careful with drugs in your first weeks. Every drug adds addiction, and once addiction is high enough you are removed from the education course you are taking.

Common mistakes

- **Logging in once a day.** Your bars fill in hours, not days.
- **Spending energy on attacks before your stats can win fights.** Training first makes later fights profitable.
- **Buying expensive items early.** Property and education give more lasting value than gear you are not ready to use.
- **Not joining anything.** Factions and companies multiply what a new player can do alone.

Sources

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

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

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

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

Torn wiki: Level and Ranks: https://wiki.torn.com/wiki/Level_and_Ranks, 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

Related guides: Understanding Torn, Energy, Gym training, Early money, Common mistakes, Finding and joining a faction

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