

The Solo Dojo™: Your 2-Week Protocol for Reclaiming Your Power After Heartbreak

A transformational guide for accomplished professionals ready to stop the damage and start choosing themselves

Welcome to Your Solo Dojo

If you've picked up this guide, you're likely in one of the most difficult chapters of your life. You've just left or are leaving a high-conflict relationship that shattered something fundamental in you. Maybe you're coming out of a marriage that became a battlefield, or a relationship you thought would lead to forever but ended in betrayal or heartbreak.

You're accomplished in your professional life—people look up to you, respect your expertise, count on your decisions. But right now, you might feel like you're drowning in your own story, telling anyone who will listen what happened to you, searching for validation that you're not crazy, that you're not broken, that you're still lovable.

I know this place intimately because I've been there.

My name is Tony Holmes, though many know me as The Love Warrior. A few years ago, I was going through my own dark night of the soul—divorced, disconnected from my sexuality, my partner, myself. I experienced what I call involuntary celibacy, feeling completely cut off from my erotic self and my capacity for authentic connection. I felt broken and unlovable.

The turning point came when I stopped trying to fix what was outside of me and started doing the work of becoming my own life partner. I literally put a ring on my own finger as a reminder that I was choosable—not by someone else, but by myself, first and always.

That's when the Solo Dojo™ was born.

The Solo Dojo isn't just a method—it's a sacred space where you learn to be in authentic relationship with yourself. "Dojo" means "a place of the way," and this is your place to discover the way back to yourself. Over the next two weeks, you'll work through what I call the SOLO Protocol, a precise framework that will prove to you that you can stop the emotional damage and start building the foundation for authentic self-relationship.

This isn't about bypassing your pain or pretending you're fine. This is about stopping the patterns that keep you stuck in victim mode and learning to companion yourself through whatever comes next.

What You'll Accomplish in Two Weeks:

By the end of this protocol, you'll notice something profound: you've stopped compulsively telling your story to get validation from others. Instead, you'll feel more clear, more authentic, and you'll catch yourself actually choosing yourself in small but meaningful ways. This isn't the end of your healing journey—it's proof that you're on the right road.

How This Works:

We'll work through the SOLO Protocol step by step:

- **Sovereign:** Reclaiming your somatic sense of self
- **Ownership:** Moving from victim to empowered
- **Letting Go:** Releasing control and expectations
- **Opening:** Following your authentic inspiration

Each section includes specific practices, reflection questions, and daily check-ins to track your progress. This isn't therapy—it's transformation work. You'll be actively participating in your own rescue.

The SOLO Protocol Journey

Are you ready to stop the damage and start healing?

- |— SOVEREIGN → Reconnect with your body and authentic self
 - |— Daily somatic check-ins
 - |— Boundary awareness practices
 - |— Result: "I know who I am beyond this pain"

- |— OWNERSHIP → Take responsibility without blame
 - |— Acknowledge your part without shame
 - |— Reclaim your personal power
 - |— Result: "I'm no longer a victim of my circumstances"

- |— LETTING GO → Release what you cannot control
 - |— Grieve what you thought would be
 - |— Practice radical acceptance
 - |— Result: "I'm free from needing things to be different"

- |— OPENING → Embrace new possibilities
 - |— Follow authentic inspiration
 - |— Make choices from overflow, not scarcity
 - |— Result: "I'm excited about what's possible"

Before We Begin:

This work requires courage. You'll be examining parts of yourself and your relationship patterns that might be uncomfortable. That's exactly where the healing lives. Trust the process, trust yourself, and remember—you've survived everything that brought you to this moment. You're stronger than you know.

Let's begin.

Sovereign: Reclaiming Your Somatic Sense of Self

"The body keeps the score, but it also keeps the wisdom."

The first step in your Solo Dojo is becoming sovereign—reclaiming your right to occupy your own body and trust your own perceptions. After a high-conflict relationship, you might feel like you've lost touch with who you really are beneath all the drama and trauma.

Sovereignty isn't about building walls or becoming hard. It's about coming home to yourself.

Understanding Somatic Sovereignty

Your nervous system has been hijacked. For months or years, you've been living in fight, flight, or freeze mode. Your body has been trying to protect you, but now that protection has become a prison.

Somatic sovereignty means:

- Trusting your gut feelings again
- Knowing where you end and others begin

- Feeling safe in your own skin
- Recognizing your authentic desires vs. trauma responses

Week 1 Sovereign Practices

Days 1-3: Body Awareness Reset

Start each morning with this simple practice:

1. **The Three-Breath Check-In** (2 minutes)

- Place one hand on your heart, one on your belly
- Take three deep breaths, feeling both hands move
- Ask: "How am I really feeling right now?"
- Don't change anything—just notice

2. **Boundary Sensing** (3 minutes)

- Stand with arms at your sides
- Slowly extend your arms out to the sides until you feel your "edge"
- This is your energetic boundary—memorize how it feels
- Practice saying "This is my space" out loud

Days 4-7: Reclaiming Your Voice

3. **The Truth Check** (Throughout the day)

- Before agreeing to anything, pause and ask: "Is this a yes or a no in my body?"

- Notice the difference between a body yes (expansion, ease) and a body no (contraction, tension)

- Practice saying "Let me think about it" instead of automatic agreement

4. **Evening Sovereignty Ritual** (5 minutes)

- Stand in front of a mirror

- Look yourself in the eyes

- Say: "I am the authority on my own experience"

- List three things you did today that honored your truth

Common Obstacles and Solutions

"I feel selfish focusing on myself"

This is trauma talking. You've been trained to prioritize others' needs over your own truth. Sovereignty isn't selfish—it's the foundation for healthy relationships. You can't give from an empty well.

"I don't know what I actually want anymore"

Perfectly normal. Your desires were likely suppressed or criticized. Start small. Notice preferences: Do you want tea or coffee? Music or silence? This is desire practice.

"I feel guilty when I set boundaries"

Guilt is often a sign you're doing something new and necessary. Boundaries aren't walls—they're gates with you as the gatekeeper.

Sovereignty Milestone Markers

You'll know you're reclaiming sovereignty when:

- You can feel the difference between your emotions and others'
- You catch yourself before automatically saying yes to things you don't want
- You feel more settled in your body, less scattered
- You start trusting your instincts again

Daily Sovereignty Check-In

Date: _____

Morning Body Awareness:

Physical sensations I notice: _____
Emotional state: _____
Energy level (1-10): ___

Boundary Moments Today:

Times I honored my truth: _____
Times I gave my power away: _____
What I learned: _____

Evening Reflection:

Did I feel more like myself today? Yes / Somewhat / No
What wants attention tomorrow: _____

Use this check-in daily. Simply being aware of these patterns begins to shift them.

Ownership: From Victim to Empowered

"Responsibility is not about blame—it's about reclaiming your power."

This is where many people get stuck. They hear "take ownership" and think it means "blame yourself for everything." That's not what we're doing here. Ownership in the Solo Dojo means recognizing your power to respond differently going forward.

When you're in victim mode, you're constantly explaining your story to get validation. When you move into ownership, you stop needing others to confirm your reality. You become the author of your next chapter.

Understanding Empowered Ownership

True ownership isn't about:

- Taking blame for someone else's behavior
- Minimizing the harm that was done to you
- Pretending you didn't get hurt
- "Getting over it" quickly

True ownership IS about:

- Acknowledging how you participated in dynamics that didn't serve you
- Recognizing patterns you want to change
- Taking responsibility for your healing
- Choosing your response to what happened

The Victim to Victor Shift

I spent months telling anyone who would listen about my divorce, seeking validation that I was the wronged party. Every retelling kept me stuck in the pain. The shift happened when I stopped asking "Why did this happen to me?" and started asking "How do I want to respond to what happened?"

This doesn't mean the hurt wasn't real or that you caused your own pain. It means you're ready to stop letting that pain control your future.

Week 1 (Days 8-10): Ownership Practices

The Pattern Recognition Inventory

Get honest about your part without shame:

1. **Red Flag Acknowledgment** (15 minutes, one-time)

- List 5 early warning signs you ignored in the relationship
- For each one, write: "I saw this and chose to..."
- End each with: "Next time I will..."
- This isn't self-blame—it's wisdom gathering

2. **Reactive Pattern Mapping** (10 minutes daily)

- Identify your go-to reactions when triggered (withdrawing, people-pleasing, attacking, etc.)
- Notice when these patterns show up in daily life

- Practice the pause: "I'm having a reaction. What response would serve me better?"

Days 11-14: Power Reclamation

3. The Story Shift Exercise (When triggered to tell your story)

- Notice the urge to explain what happened to you
- Instead, ask yourself: "What do I need right now?"
- Practice saying: "I'm going through a transition" rather than the whole story
- Seek support, not validation

4. Daily Empowerment Practice (5 minutes)

- Each morning, choose one way you'll honor your truth that day
- Each evening, acknowledge one way you chose empowerment over victimhood
- Celebrate these wins—they're rebuilding your self-trust

Ownership Obstacle Management

"But they really did hurt me badly"

Absolutely true. Someone else's bad behavior doesn't become your responsibility. Your healing does. You can acknowledge the hurt AND reclaim your power.

"People say I should just 'get over it'"

Ignore that advice. You're not getting over anything—you're getting through it consciously. This takes as long as it takes.

"I'm afraid if I stop being the victim, people won't care"

People who only connect with your pain aren't your people. The right people will admire your strength and growth.

Ownership Breakthrough Markers

You're moving into empowerment when:

- You stop compulsively telling your story for validation
 - You can see your part without drowning in shame
 - You feel curious about patterns rather than defensive
 - You start asking "What now?" instead of "Why me?"
 - You notice yourself making different choices in small daily interactions
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Letting Go: Releasing What You Cannot Control

"Letting go isn't giving up—it's making space for what wants to emerge."

This might be the hardest part of the Solo Dojo. Your mind wants to fix, control, and understand everything. But healing requires releasing your grip on outcomes and trusting the process of transformation.

Letting go doesn't mean you don't care. It means you care enough about your peace to stop carrying what isn't yours to carry.

The Illusion of Control

After relationship trauma, the mind tries to protect you by figuring out how to prevent future pain. You might find yourself:

- Rehearsing conversations that will never happen
- Planning how you'll "show them" they were wrong
- Trying to control how others see the situation
- Holding onto anger because it feels like power

But control is often trauma in disguise. Real power comes from responding consciously to what actually is, not fighting what was or might be.

What Needs to Be Released

The Story of How It Should Have Been

You had dreams, plans, expectations. The relationship was supposed to be different. They were supposed to love you better. This grief is real and needs to be honored before it can be released.

The Need to Be Right

You might BE right about what happened. But being right won't heal your heart. Sometimes you have to choose peace over being right.

The Timeline You Thought You Were On

Maybe you thought you'd be married by now, have kids, own a house together. That timeline is gone. Grieving it makes space for a new timeline to emerge.

The Version of Yourself You Used to Be

You can't go back to who you were before this happened. That person is gone, and that's actually a gift. You're becoming someone wiser, stronger, more authentic.

Week 2 (Days 8-10): Letting Go Practices

The Grief Ritual (Days 8-10, 20 minutes each)

Grief is love with nowhere to go. Give it somewhere to go:

1. The Letter You'll Never Send (Day 8)

- Write everything you wish you could say to your ex
- Include anger, hurt, disappointment, love—all of it
- Read it aloud to yourself
- Burn it, tear it up, or bury it safely
- This isn't about them—it's about releasing what's stuck in you

2. The Future That Won't Be (Day 9)

- Write about the life you thought you'd have together
- Be specific: holidays, trips, growing old together
- Let yourself feel the loss fully
- End with: "I release this future to make space for what wants to come"

3. The Old Self Ceremony (Day 10)

- Write about who you were in that relationship

- Acknowledge both the beautiful and the painful parts
- Thank that version of yourself for doing the best they could
- Say goodbye to who you used to be

Days 11-14: Making Space Practices

4. The Daily Release Practice (3 minutes daily)

- Notice what you're trying to control today
- Put your hands on your heart and say: "I release my need to control this"
- Take three deep breaths and imagine letting it flow away
- End with: "I trust what's meant for me will find me"

5. Future Self Visualization (10 minutes, 3 times this week)

- Imagine yourself one year from now, healed and happy
- See yourself laughing, feeling free, maybe in love again
- Notice what you've let go of to get there
- Let that future self guide today's choices

Letting Go Resistance Management

"If I let go, they win"

Holding onto pain doesn't punish them—it punishes you. Your peace is not their prize. Your freedom is your victory.

"I'm not ready to forgive"

You don't have to forgive anyone. Letting go is for you, not them. You can release your grip on the situation without blessing their behavior.

"I'm afraid I'll forget the lessons"

Wisdom stays, pain can go. You won't forget what you learned—you'll just stop carrying the weight of it.

"What if I let go and nothing better comes?"

Nothing better CAN come while you're clutching the old so tightly. Trust that release creates space for the new.

Release Milestone Markers

You're learning to let go when:

- You can think about the future without panic
- You stop rehearsing conversations in your head
- You feel curious about what's possible instead of attached to what was lost
- You catch yourself trying to control things and can laugh about it
- You feel lighter, even in the sadness

Opening: Following Your Authentic Inspiration

"When you stop trying to force doors open, you notice the ones that are already unlocking."

This final phase of your Solo Dojo is about becoming available to what wants to emerge in your life. After weeks of stopping damage, owning your power, and releasing control, you've created space for authentic inspiration to arise.

Opening isn't about rushing into the next thing. It's about becoming so aligned with yourself that you can recognize and follow the subtle guidance of your own truth.

The Difference Between Inspiration and Reaction

After trauma, it's easy to mistake reactive behaviors for inspired action:

Reactive behaviors:

- Dating immediately to prove you're desirable
- Making dramatic life changes to avoid feeling pain
- People-pleasing to rebuild your sense of worth
- Achieving to distract from emotional work

Inspired action:

- Feels aligned with your values, even if it's scary
- Comes from fullness, not emptiness
- Serves your growth, not your ego
- Feels both exciting and peaceful

Inspiration whispers. Reaction shouts. In your Solo Dojo, you've been learning to hear the whispers.

My Opening Moment

For me, the opening came when I stopped trying to figure out how to be lovable to someone else and started exploring how to fall in love with myself. That's when I bought myself a ring—not as a replacement for partnership, but as a symbol that I was committing to myself first.

That single act of self-commitment opened up possibilities I couldn't have imagined. I developed Pleasure Alchemy, began teaching at Esalen, created work that aligned with my deepest purpose. None of that was available when I was focused on being chosen by someone else.

Week 2 (Days 11-14): Opening Practices

Authentic Desire Archaeology (Days 11-12)

You're excavating desires that may have been buried under others' expectations:

1. The "If No One Would Judge Me" Exercise

- Complete this sentence 10 times: "If I knew no one would judge me, I would..."
- Don't edit—let anything emerge
- Circle the ones that make your heart skip
- These are clues to your authentic inspiration

2. Body Compass Check

- For each circled item, close your eyes and imagine doing it
- Notice your body's response: Does it expand (yes) or contract (no/not yet)?
- Your body knows your truth before your mind does

Days 13-14: Following Inspiration

3. The 1% Shift Practice

- Choose one desire that feels both exciting and available
- Take one small action toward it today—1% movement
- Example: If you want to write, write one paragraph
- If you want to travel, research one destination
- Small movements create momentum

4. Future Self Council

- Each evening, imagine consulting with your future healed self
- Ask: "What wants to emerge through me now?"
- Listen without trying to figure out how
- Follow the smallest next step that feels aligned

Two-Week Opening Practice Log

Date	Morning Desire Check	What I'm Curious About	Body Response (E/C)	Evening Action Taken	What Opened Today?	
D11						
D12						
D13						
D14						

Mark *E* for expansion, *C* for contraction in body response column.

Opening Obstacle Navigation

"I don't know what I want anymore"

Perfect. This means you're free from old programming. Start with tiny preferences and build from there. What kind of tea do you want right now? That's desire practice.

"What if I make the wrong choice?"

There are no wrong choices when you're following authentic inspiration from wholeness rather than woundedness. Trust your process.

"I feel guilty wanting good things for myself"

This guilt is a remnant of the old pattern where your worth came from serving others. Your joy doesn't take away from anyone else's. In fact, your fulfillment gives others permission to pursue theirs.

"What if I get hurt again?"

You might. But now you know how to companion yourself through difficulty. You're not the same person who entered that painful relationship. You're wiser, stronger, more sovereign.

Opening Breakthrough Indicators

You're authentically opening when:

- You feel excited about possibilities without needing to control outcomes
- You can distinguish between fear and intuition
- You make choices based on what you want, not what you think you should want
- You feel curious about your own unfolding
- You can hold both grief for what was lost and excitement for what's coming

Your Solo Dojo Integration: Week 2 Completion

"You didn't just survive—you learned to thrive in your own company."

Congratulations. You've completed your Solo Dojo initialization. This isn't the end of your journey—it's proof that you can trust yourself to navigate whatever comes next.

Look at what you've accomplished:

- ✓ You've reclaimed sovereignty over your own experience
- ✓ You've moved from victim mode to empowered response
- ✓ You've released your grip on what you cannot control
- ✓ You've begun following authentic inspiration

Most importantly: **You've proven to yourself that you can choose yourself.**

The Transformation You've Created

Two weeks ago, you might have been:

- Compulsively telling your story to get validation
- Feeling broken and unlovable
- Stuck in victim mode, focused on what was done to you
- Desperately trying to control outcomes
- Disconnected from your own desires and intuition

Now notice:

- You're validating your own experience
- You're choosing yourself in small but meaningful ways
- You're taking responsibility for your healing

- You're making space for what wants to emerge
- You're following your authentic inspiration

This is the foundation. Everything you build from here—new relationships, creative projects, life changes—will be built on this bedrock of self-companionship.

Continuing Your Solo Dojo Practice

Your Solo Dojo isn't a two-week program—it's a way of being. Here's how to keep this transformation alive:

Daily Maintenance (5 minutes):

- Morning sovereignty check-in
- One conscious choice during the day
- Evening gratitude for how you chose yourself

Weekly Deepening (20 minutes):

- Review your progress across all four SOLO elements
- Identify one area that needs attention
- Take one inspired action toward your emerging desires

Monthly Evolution (1 hour):

- Reassess your boundaries and update them
- Notice new patterns and celebrate growth
- Set intentions for your continued unfolding

When You're Ready for More

The Solo Dojo is designed to prove that you can trust yourself to heal. Some people complete these two weeks and feel ready to venture into dating or major life changes. Others recognize they want to go deeper into this work before opening to partnership.

Both paths are perfect.

If you're feeling excited about diving deeper into somatic healing, exploring your erotic self, or learning to love yourself so completely that you give from overflow rather than need—that's your authentic inspiration calling you forward.

Trust it. You've earned the right to trust yourself.

Your Completion Ritual

Before you close this guide, take a moment to acknowledge what you've accomplished:

1. **Write yourself a letter** acknowledging the courage it took to do this work
2. **Choose a symbol** of your commitment to yourself (doesn't have to be a ring—whatever feels authentic)
3. **Share your completion** with someone who will celebrate your growth, not minimize it
4. **Set an intention** for how you want to continue choosing yourself

Remember This

You are not broken. You never were. You went through something that temporarily disconnected you from your truth, but your truth was always there, waiting for you to come home.

You are choosable. Not because someone else decides you are, but because YOU decide you are. Every day, in small moments and big decisions, you get to choose yourself.

You are your own life partner. This doesn't mean you won't have other partners. It means you've committed to being in loving relationship with yourself first and always. From this foundation, everything else is possible.

You have everything you need to navigate what comes next. Your Solo Dojo has given you the tools. Trust yourself to use them.

Welcome to the rest of your life. You're going to love what you create from here.

The Solo Dojo™ is a transformational framework developed by Tony Holmes (The Love Warrior) from his own journey through divorce, disconnection, and back to wholeness. If this work resonates with you, trust that resonance—it's your authentic inspiration guiding you toward healing.