

WHEN THE
PUNCH
RUNS OUT
at the
PITY PARTY



A real-talk reflection on letting yourself
feel, laugh a little, and come home again.

DR. LORETTA TOLLIVER



Dr. Loretta Tolliver

ABOUT THE AUTHOR

Loretta Tolliver is an executive coach, author, and consciousness explorer who helps others reconnect with their truest selves. She blends neuroscience, quantum principles, and awareness with life's humanity to make inner growth feel enlightening and achievable.

She invites readers to explore energy, emotion, and authenticity with compassion and curiosity. Through her growing library of ebooks, guides, workbooks, and quantum tools, she's helping others live from their highest vibration with one thought at a time.

When she's not writing, she's being a grandma, quietly translating life's energy patterns, and asking the universe "What's new?"

This writing was inspired by my dear friend who being separated from a loved one openly shared, "I am just living in my pity party." May what you are living help others through these words. My love to anyone who is there. May you have what fills and feels your heart.

TABLE OF CONTENTS

About the Author	02
What's in This Guide	04
Introduction	05
Ch. 1 - The Guest List	06
Ch. 2 - The Music and the Mood	07
Ch. 3 - When the Snacks Get Stale	08
Ch. 4 - Crying in the Bathroom	09
Ch. 5 - The Visitors Who Mean Well	10
Ch. 6 - The 24-Hour Rule	11
Ch. 7 - Packing Up	12
Ch. 8 - Coming Home	13
Ch. 9 - When Leaving Feels Like Betrayal	14
Ch. 10 - After the Party	16
Closing Note - A Gentle Return	17
Songs to Lift	18

WHAT'S IN THIS GUIDE

There comes a moment when the comfort or pain of feeling really bad turns into the habit of it.

We stay because the pain can feel sacred, as if leaving it would mean forgetting who or what we lost.

This is a guide for that moment.

Gentle and deeply real, *When the Punch Runs Out at the Pity Party* is a compassionate companion for anyone experiencing sorrow, grief, heartbreak, disappointment, or any of life's endless curveballs.

It doesn't tell you to "*get over it.*" It invites you to move through it. Because every party ends somewhere.

And when the punch runs out, you go home. With love, lessons, and light.

INTRODUCTION

You didn't plan this party. Nobody ever does. I would say we avoid it greatly.

It starts when life falls apart after a loss, a betrayal, a diagnosis, or a dream that didn't make it. One moment you're coping, the next you're sitting in emotional confetti, wondering how you got there.

Pretty much everyone hosts a pity party at sometime. It's not weakness. It's humanity. The danger comes when you move in and start paying rent.

This guide isn't about snapping out of it. It's about knowing when the punch bowl has emptied and when your pain has said what it came to say. It is about finding the courage to go home to yourself with love.



01. THE GUEST LIST

It's party time. Guests have arrived. Pain rarely shows up alone. It brings friends: Regret, Anger, Fear, Hopelessness, and sometimes their cousin, Self-Blame. They arrive early, eat all the snacks, and have no sense of time. They may wear masks or smiles.

You don't have to throw them out immediately. Just notice who came. Acknowledge them like you would guests who've overstayed, *"I see you. Thanks for dropping by. I'm good now."*

Awareness is your first act of love. When you name a feeling, it stops running the show from the shadows.



Ask yourself, "Who's still sitting on the couch, and what do they want me to notice?"



02.

THE MUSIC AND THE MOOD

Every pity party has a soundtrack and it's usually on loop.

It plays “Why is this happening to me?”, “It's not fair,” and “Nobody understands.” Familiar tunes. After the tenth replay or sooner, they start hypnotizing, keeping you in a place where the loop just continues. You can't seem to get it to stop.

Energy follows attention. Change the music. Pick a new grounding song, play it. This is enough to allow gratitude, curiosity, and humor to be the new music to reset your nervous system and lift your energy. That attention becomes your energy.



Try whispering to yourself, “*What's one troubling thought I can make kinder right now?*” Sometimes that's enough to change the entire mood of the room inside you. It isn't a big ask, start with one.



04.

CRYING IN THE BATHROOM

There's always a moment when you need to step away. Tears, tissues, maybe a little floor-sitting, quiet, and regrouping. This helps release.

Feel it fully. Cry if you choose. Remember it is a release. You are not redecorating or moving in. Crying is how your body excretes what words can't. When you finish, breathe. Rinse your face. Say softly, *"I'm still here."*

Because you are. And lighter than you were before the cry. Choosing to honor your emotions prevents them from being trapped in your body. Let the feeling sit, and move on. Easy to say, yes. And, necessary to do.



If my tears could speak, what truth would they tell me about what still needs my kindness?

05.

THE VISITORS WHO MEAN WELL

Some people show up with casseroles of comfort. Others bring comparison and unsolicited advice. As kind as it seems, both think they're helping. They actually **keep your vibration where it is or lower** despite attempts to be the fixer.

Your job is to discern who helps you rise, and who keeps the conversation anchored in pain? How do you know? By the feeling of it.

It's okay to love someone and still choose to find different ways to bring yourself presence and higher energy. You don't owe anyone constant access to your pain. Boundaries are the velvet ropes of emotional health.



Who in my life truly helps me rise and who do I keep inviting out of habit or obligation and not alignment?

06.

THE 24-HOUR RULE

Try this. Let yourself have a full 24-hour pity party. No pretending, no spiritual bypassing. Just be there.

Cry, write, watch bad TV, hug or punch a pillow, eat the cookie dough. Move through the levels of emotion and choose to get a little better.

Then, when time's up, take a shower, step outside, or do one **kind** thing for yourself that marks the change, and the act of moving on. Not forward or backward, but on in a way that opens you up and gives you energy.

Visiting the party is human. Moving in is optional. Honor your pain; you don't need a lease.



When the timer runs out, what one act will help me go from “feeling it” to “freeing it”?

07.

PACKING UP

When it's time to leave, take what's true and let the rest stay behind. Maybe the truth is: I was hurt. Maybe it's: I still care. Maybe it's: I deserve better. Whatever it is, you are moving forward, looking back is the wrong direction.

Pack that insight in your pocket. Thank the experience for its lesson, even if it came wrapped in barbed wire. These are some of the greatest lessons when you get the learning. Otherwise, they tend to repeat.

Stop the repetition and close the door with gratitude and don't return to that address. Healing doesn't erase the past, it changes your relationship to it.



What truth am I taking with me as I leave this season and what weight can I finally set down?

Os.

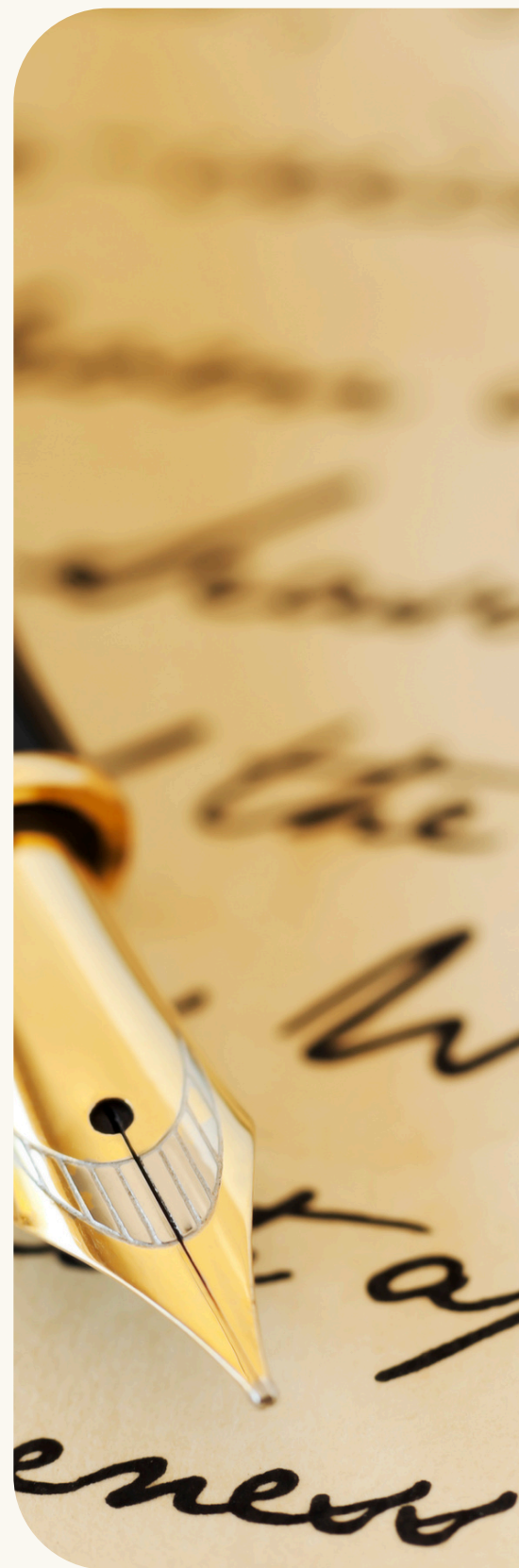
COMING HOME

Home isn't a house. It's the feeling of self-acceptance waiting underneath the noise. When the party quiets, you can hear the steady, forgiving, and wise sounds of your heartbeat again.

Write a note to yourself:

Dear Me,
I forgive you for what you didn't know.
I love you for showing up anyway.
I'm ready to start living again.
Where shall we start? I'm all in.

This is how you come home by giving yourself the permission.



What does “home” feel like inside you when you stop searching and simply let yourself arrive?

09.

WHEN LEAVING FEELS LIKE BETRAYAL

There's a strange guilt that comes when the pain starts to loosen its grip. You almost don't trust the light returning. Part of you whispers,

"If I stop hurting, will I forget them?"

"If I smile again, does that mean it didn't matter?"

Pain can feel like a memorial. It is a way to keep love alive, or to stay connected to what was lost. Does releasing it dishonor the person, the relationship, or the version of life you once had?

You decide. Holding on too long doesn't honor what was. It freezes you in the pain. Letting go doesn't erase love. It frees love to move again, to breathe through you and not weigh you down.



QUANTUM PATHWAYS TO AWARENESS

While the ache was a messenger, it is not a monument.

Grief is proof of love, not the requirement for it. You can carry the meaning forward without carrying misery.

Living again is like choosing to exist in vibrant colors. It's saying, *"This mattered so much that I choose to live fully in its honor, in my honor."*

Ask yourself:

"Am I clinging to pain because it feels like the last thread connecting me?"

"What if I could honor the separation or loss by living beautifully, instead of continuing to hurt?"

Whisper this:

"I can love what was and still choose what is."



If love could speak to you, what would it say about how it wants to be lived through you right now?



10. AFTER THE PARTY

Life will send more invitations such as grief, change, disappointment, and endings. That's one side. It also sends you fun, laughter, love, and joy.

You can still RSVP with consciousness. For the pity parties, you can attend, cry a little, learn a lot, and leave when the punch runs out. Or, you can choose not to attend and instead, do something that opens your heart and reminds you that you are safe, and in this present moment, you are daring to choose what helps your soul, right now.

To heal isn't to pretend it never hurt. It is to remember you have a home, a safe place, inside you that never stops loving you.



What did this experience teach you about your own resilience? How will you celebrate the next moment of peace that arrives?



Closing Note: A GENTLE RETURN

If you're reading this still sitting at your own party, that's okay. No rush. You're allowed to leave anytime.

Ask yourself where your next stop is after the party? Where will you use the higher level of energy gained by moving into compassion and gratitude for self? Plan it out.

You are inviting peace. It is there for the taking. No need to ask.

Go home to yourself. You are always welcome. Love lives there.



“On particularly tough days, I remind myself that my success rate for getting through tough days is 100%.” – Author Unknown

MUSIC CAN LIFT THE MOMENT

This is my go to list for changing my present moment to invite kindness. Find music with the kind of energy that can bring peace to **your** heart. Play songs when your mind feels heavy, your mood feels flat, or your heart needs proof that joy still exists. Let the rhythm lift what your thoughts can't. Build your own list. Feel free to share your songs! And NO judgment!

Joy – Santana, Chris Stapleton

Best Day of My Life – American Authors

Happy – Pharrell Williams

Three Little Birds – Bob Marley & The Wailers

High Hopes – Panic! At the Disco

Better When I'm Dancing – Meghan Trainor

Written – Natasha Bedingfield

Brave – Sara Bareilles

Video – India Arie

Am I Wrong – Nico & Vinz

Me Too – Meghan Trainor

I am Light – India Arie

On Your Face – Earth, Wind, & Fire

Flowers – Miley Cyrus

Unstoppable – Koryn Hawthorne

Sweet Love – Commodores

Party In The USA – Miley Cyrus

1999 – Prince



“Music is the divine way to tell beautiful, poetic things to the heart.”

– Pablo Casals

WHAT'S NEXT?

The consciousness path is enlightening and filled with anticipation. Let the anticipation go. You don't need it. Feel the surges as they arise. And they do, all the time.

In the 30-Day Roadmap for Consciousness Paths, we take a journey into the quantum experience. It is a way for us to collectively explore and share what we experience. I welcome you!

coach@lorettatolliver.com

www.lorettatolliver.com

Instagram: [@drlorettatolliver](https://www.instagram.com/drlorettatolliver)

LinkedIn: [@drlorettatolliver](https://www.linkedin.com/company/drlorettatolliver)

**Get eBooks and tools on incorporating self-love
and discovery into your daily life.**