

The Lounge 12-Month Recovery Roadmap

This is your guided journey through The Lounge. Over the next 12 months, you'll move through each

Month 1–2: Foundation

Daily check-ins, safety, and stabilisation.

Month 3–4: Self-Awareness

Understanding patterns, triggers, and emotions.

Month 5–6: Boundaries

Learning to set and keep healthy boundaries.

Month 7–8: Identity Shift

Stepping into who you are without BPD ruling your life.

Month 9–10: Rebuilding

Practical life skills, relationships, and self-trust.

Month 11–12: Thriving

Creating your future, goals, and ongoing growth.

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