PRIVATE 8 WEEK COACHING PROGRAM

Still In It

For everyone who stayed, and quietly gave up on being happy.

"This is just my life now." It does not have to be.

You did not stay because you are weak. You stayed because of the kids. The mortgage. The family who would never understand. The years you have already given. The person they were at the beginning.

Still In It is for people stuck with a narcissistic partner, spouse, or parent. You do not have to leave. You do not have to decide anything today. You get a private coach in your corner every week, and a way to take back your mind, your peace, and your life, from inside the situation you are in.



First call risk free | Neutral name on your statement | No one has to know | Only 10 new clients a month

Get My Private Coach

2,147+	8 weeks	8 calls	$297
COMMUNITY HELPED	PRIVATE COACHING	ONE HOUR, PRIVATE	OR 2 X $167

By Fahim Chughtai, Narcissistic Abuse Coach - Founder, narcissismexposed.com

MEET YOUR COACH

I am Fahim. And I will not tell you to leave.



Fahim Chughtai - Narcissistic Abuse Coach

I help you break free from narcissistic abuse at every stage: a toxic partner, parent, boss, or friend, painful co-parenting, trauma bonds, and heartbreak. My work is built for one goal: help you trust yourself again and take your life back.

Every week I hear from people told the same thing: just walk away. As if the kids, the bills, the family, and the years did not exist. I built Still In It for them.

Many people find it easier to open up to someone completely outside their world. No history. No sides. Just someone who understands the pattern and stays in your corner every week.

Private, always

Safe contact, safe call times, and a plan if a call has to end suddenly. Your statement shows a neutral name.

Your choice, your pace

Stay well, prepare quietly, or one day step away. You choose the path. I help you see it clearly.

Coaching, not therapy

This is coaching and education, not therapy, crisis care, or legal advice. It works well alongside therapy.

Follow Fahim

Instagram: instagram.com/fahimchughtaii **Threads:** threads.com/@fahimchughtaii
Facebook: Fahim Chughtai on Facebook **Website:** narcissismexposed.com

This is what staying really looks like

You hear their car in the driveway and your stomach drops before your mind catches up.

You rewrite a text five times so it cannot be taken the wrong way. It still gets taken the wrong way.

You remember the fight clearly. Then they tell you, so calmly, that it never happened. By morning you are not sure anymore.

Your kids go quiet when the mood shifts. You know they are learning something. You are scared of what.

If you just read your life back, you are not crazy and you are not weak. You are exhausted from surviving alone.

YOUR STRUGGLE, YOUR SUPPORT

Every reason you stay is real. Each one gets a real answer.

Kids. Money. Family. Fear. Love. Years. Not "just leave." Here is what changes for each one.

1

I stay for the kids

What kids really absorb, simple words for them after a blowup, and how to be their steady place.

2

I cannot afford to leave

A private plan to rebuild a little financial independence, at your pace, without triggering suspicion.

3

My family would never accept it

Scripts for family pressure that do not start a war, and how to trust your reality without their approval.

4

What would people say?

A completely private space, tools to quiet the shame, and a way to protect your reputation and your sanity.

5

I still love them

Why the highs and lows hook you so deeply, and how to see the cycle coming before it pulls you back in.

6

I have given so many years

A way out of the "invested too much" trap, and proof that the years ahead can still be yours.

7

Maybe it is actually me

A reality journal that anchors your memory, clear signs of manipulation, and a coach who tells you the truth: you are not crazy.

8

I still live with my parent

Boundaries that do not get you labeled ungrateful, and a plan to build independence under their roof.

9

I do not know what to do next

By week 8, a written next step in your hands: stay well, prepare quietly, or step away. Your choice, from clarity.



Stuck is not the same as finished. You may not be able to change where you are right now. But you can change how much power they have over your mind, your mood, and your sense of reality.

YOUR 8 WEEKS

A clear path, one week at a time

Week 0: Safety First. Nothing starts until you are protected.

Week 1: See It Clearly. Name the cycle you have been living in.

Week 2: Calm the Storm. Your blowup plan and safe exits.

Week 3: Take Back Your Mind. Break the hold of gaslighting.

Week 4: Let Your Body Breathe. Undo years of high alert.

Week 5: Shield Your People. Kids, siblings, even pets.

Week 6: Boundaries That Hold. Real scripts for partners and parents.

Week 7: End the Isolation. Quietly rebuild safe connections.

Week 8: Your Next Chapter. A written plan and your own decision, made from clarity instead of fear.

Everything you get, built to stay invisible to them

Private Safety Call, 30 min

Safe contact, safe call times, and a plan if a call has to end suddenly.

8 Private Coaching Calls

One hour each, built around what happened this week. You and me, not a script.

56 Morning Emails

Five minutes before the day begins. Safe to delete after reading.

Weekly Worksheets

Turn every session into a plan you can follow.

Phone Emergency Cards

For when the yelling starts and your mind goes blank.

Survival Workbook

"How to Survive When You Cannot Leave" - 27 quiet survival moves.

Email Support Between Calls

Because the worst moments never wait for your next session.

8 weeks from now, imagine this

The fog lifts and you can name the cycle. Your memory belongs to you again, sleep comes easier, and your kids get a steady place: you. Your "no" gets quieter and stronger, and you have real choices, maybe for the first time in years.

VERIFIED CLIENT REVIEWS

They felt stuck too

Every review below is from a verified buyer. Names are shown as clients shared them, and details are changed to protect privacy.

Sarah M. ★★★★★ ✓ Verified Buyer

I kept going back to him for two years, even though I knew it was destroying me. This finally made me see the pattern clearly, and the no contact plan gave me the exact words to use. I have been free for six weeks now, and I finally feel like myself again.

Trauma Bond Breaker Bundle - Order #17294 - 18 September 2025

Aisha K. ★★★★★ ✓ Verified Buyer

I am still living with him, and I cannot leave yet. This helped me stay calm, protect my peace, and plan my next steps without him noticing. For the first time in years, I feel like I have a plan instead of just surviving day to day.

Survival Workbook - Order #17608 - 9 November 2025

Clarity Report Client ★★★★★ ✓ Verified Buyer

I cannot begin to find the words to express my gratitude for your thorough, informative, and validating report. Ordering this report is, without a doubt, some of the best money I have ever spent. I am also very grateful for the map for healing.

Clarity Report - Order #16841 - 22 July 2025 - Review sent by email

liminal.marietta ★★★★★ ✓ Verified Buyer

Thank you for the detailed Narcissistic Abuse Clarity report and being available to answer all my questions. It allowed me to stop over analysing whether I was in the wrong, and to detach my worth from what happened to me.

Clarity Report - Order #17036 - 27 August 2025 - Posted on Threads

P., Program Client ★★★★★ ✓ Verified Buyer

I started spinning in circles and desperate to break the trauma bond. The emails were catered to me and my situation, with hard truths, exercises, and building blocks for the future. People are noticing that I am much more grounded. I recommend this program 100%.

Trauma Bond Recovery Program - Order #17457 - 11 October 2025 - Sent by WhatsApp

Jennifer L. ★★★★★ ✓ Verified Buyer

I am married 11 years with 2 kids, and leaving was never a real option for me. Fahim never pushed me to leave. Week by week I stopped rehearsing every sentence, and my kids got a calmer mother. That alone was worth it.

Still In It Program - Order #18273 - 8 August 2026

Michelle R. ★★★★★ ✓ Verified Buyer

I am 29 and still living with my mother. The boundaries scripts changed everything. I stopped believing her voice in my head, and I finally have a quiet plan to build my own life, at my own pace.

Still In It Program - Order #18391 - 19 September 2026

R., Program Client ★★★★★ ✓ Verified Buyer

Together 6 years, and I thought this was just my life now. The morning emails kept me steady, and by week 8 I had a written plan in my hands for the first time. I do not feel alone in my own home anymore.

Still In It Program - Order #18506 - 28 October 2026

PRICING

Your life is not over. It has been on hold.

PAY IN FULL - MOST CHOSEN

$297

Save $37, everything included.

Pay in Full and Save $37

2 PAYMENTS

$167 / month

$334 total.

Start With $167

The First Call Promise

Take your Safety Call and your first full session. If it is not right for you, email me and get every cent back. I will not be one more person who makes you feel trapped.

Payment methods: PayPal, Debit Card, Credit Card, Visa, Mastercard, Apple Pay, Google Pay. Secure checkout, neutral name on your statement. **Only 10 new clients a month**, because every call is personal.

Questions, answered

Will you tell me to leave?

No. Not in week 1, not in week 8. You choose your path. I help you see it clearly.

What if they find out?

That is what the Safety Call is for: a private email, safe call times, and a plan if a call ends suddenly.

I live with them. How do calls work?

Pick times when you are alone, out walking, or in the car. If you have to hang up mid sentence, hang up. I will understand.

What happens after I pay?

A private email arrives to book your Safety Call. Time needed: 5 minutes each morning, 1 hour a week. This is coaching and education, not therapy.

You have carried this alone long enough.

You do not have to leave tonight, or explain yourself to anyone. Just stop believing this is all your life will ever be.

Get My Private Coach

Program: narcissismexposed.com/living-with-narcissist-protection-program/
Instagram and Threads: @fahimchughtaii - Facebook: Fahim Chughtai - Website: narcissismexposed.com

Safety first: if you are in danger right now, call 911 or the National Domestic Violence Hotline at 1 800 799 7233. Adults 18+. Browse in incognito.