







# Website Analysis: parforhold-parterapi.dk

Generated on April 12 2024 13:36 PM

The score is 60/100



## SEO Content

	<p>Title</p>	<p>Undgå skilsmisse og skab bedre forståelse i parforholdet</p> <p>Length : 56</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																						
	<p>Description</p>	<p>Mandlig parcoach med 30 års praktisk erfaring - blandt andet i hvordan I kan se, høre og forstå hinanden for at få et bedre parforhold.</p> <p>Length : 135</p> <p>Great, your meta description contains between 70 and 160 characters.</p>																						
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>																						
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>da_DK</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Undgå skilsmisse og skab et bedre parforhold</td> </tr> <tr> <td>description</td> <td>Par-coach Mikael Hoffmann</td> </tr> <tr> <td>url</td> <td>https://www.parforhold-parterapi.dk/</td> </tr> <tr> <td>site_name</td> <td>Undg&amp;aring; skilsmisse og skab bedre forst&amp;aring;else i parforholdet</td> </tr> <tr> <td>image</td> <td>http://www.parforhold-parterapi.dk/wp-content/uploads/2023/01/par1351-300x166.jpg</td> </tr> <tr> <td>video</td> <td>https://www.youtube.com/embed/Ye-9dsLGRwc</td> </tr> <tr> <td>video:type</td> <td>text/html</td> </tr> <tr> <td>video:duration</td> <td>146</td> </tr> </tbody> </table>	Property	Content	locale	da_DK	type	website	title	Undgå skilsmisse og skab et bedre parforhold	description	Par-coach Mikael Hoffmann	url	https://www.parforhold-parterapi.dk/	site_name	Undg&aring; skilsmisse og skab bedre forst&aring;else i parforholdet	image	http://www.parforhold-parterapi.dk/wp-content/uploads/2023/01/par1351-300x166.jpg	video	https://www.youtube.com/embed/Ye-9dsLGRwc	video:type	text/html	video:duration	146
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video:type	text/html																							
video:duration	146																							

# SEO Content

video:width 480





video:height 270

## Headings





H1	H2	H3	H4	H5	H6
1	22	25	0	0	0

- [H1] Undgå skilsmisse og skab et bedre parforhold
- [H2] Bliv set, hørt, forstået og anerkendt af din partner
- [H2] Vrede og konfrontation
- [H2] Hvorfor skulle man dog ændre sig selv?
- [H2] Parforholdets Rammer og "Færdselsregler"
- [H2] Hvad er selvansvarlighed?
- [H2] Sidespring og utroskab
- [H2] Alderens påvirkning af kærligheden og parforholdet
- [H2] Følelsesmæssige overgreb og grænsesætning
- [H2] Ti nøgler til selvtillid
- [H2] De 5 kærlighedssprog
- [H2] Effektiv kommunikation
- [H2] Ændring i parforholdet
- [H2] Den svære kommunikation
- [H2] Hvornår skal du lade dig skille fra din partner? Er skilsmisse løsningen?
- [H2] Parforholdets 7 Gyldne Leveregler
- [H2] Årligt tjek af parforholdet
- [H2] Vedligeholdelse
- [H2] De fem lag kommunikation i parforholdet
- [H2] Hulen og Ønskebrønden
- [H2] Grænseoverskridelser og grænsesætning
- [H2] Håndtering af vrede i parforholdet
- [H2] 2 tanker om "Undgå skilsmisse og skab et bedre parforhold"
- [H3] Det ideelle parforhold
- [H3] 10 gode grunde
- [H3] Hvad I IKKE får hos mig
- [H3] Forskellen mellem mandlige og kvindelige par-coaches/terapeuter
- [H3] Klik på videoen herunder for at finde ud af - på kun 49 sekunder - om par-coaching kunne hjælpe jer:
- [H3] 1) Kommunikations-redskaber
- [H3] 2) Dybere forståelse
- [H3] 3) Nye vaner
- [H3] Her er de spørgsmål, jeg stiller jer (og også stiller mig selv):
- [H3] Hvad er det perfekte parforhold for dig (og jer)?
- [H3] Og heldigvis kan det læres
- [H3] Forskellen
- [H3] Hensigter og resultater
- [H3] Forståelse
- [H3] Tillid, tryghed og respekt
- [H3] Konkrete strategier
- [H3] Klientudtalelser om parterapien
- [H3] Kommunikation
- [H3] Overblik
- [H3] 2 slags parterapi

## SEO Content

		<ul style="list-style-type: none"> <li>• [H3] Efter skilsmissen</li> <li>• [H3] Trives du ♥ - eller gør det ondt i parforholdet?</li> <li>• [H3] Gratis</li> <li>• [H3] Mere gratis:</li> <li>• [H3] Parforhold og parterapi</li> </ul>
	Images	<p>We found 39 images on this web page.</p> <p>16 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 20%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>

## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 3 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 100%</p> <p>Internal Links 0%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Click here</a>	External	Passing Juice
<a href="#">Klik her</a>	External	Passing Juice

## In-page links

[mobil](#)

External

Passing Juice

## SEO Keywords



Keywords Cloud

med der jeg har jer parforhold til  
parterapi ikke det

## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
det	95	✓	✗	✓	✓
til	83	✗	✗	✗	✓
jeg	79	✗	✗	✗	✓
med	67	✗	✗	✓	✗
parforhold	60	✓	✗	✓	✓












## Usability

	Url	Domain : parforhold-parterapi.dk Length : 23
	Favicon	Very bad. We have not found shortcut icon. Icons are one of easy ways to attract regular visitors to your website more often.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is da.
	Dublin Core	This page does not take advantage of Dublin Core.





## Document

Doctype	HTML 5
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## Document

										
	Encoding	Perfect. Your declared charset is UTF-8.								
	W3C Validity	Errors : 165 Warnings : 27								
	Email Privacy	Great no email address has been found in plain text!								
	Deprecated HTML	<table><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td>&lt;u&gt;</td><td>8</td></tr><tr><td>&lt;center&gt;</td><td>4</td></tr><tr><td>&lt;U&gt;</td><td>12</td></tr></tbody></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>	Deprecated tags	Occurrences	<u>	8	<center>	4	<U>	12
Deprecated tags	Occurrences									
<u>	8									
<center>	4									
<U>	12									
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li><li> Too bad, your website does not take advantage of gzip.</li></ul>								



## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="http://parforhold-parterapi.dk/sitemap.xml">http://parforhold-parterapi.dk/sitemap.xml</a>
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## Optimization

		<a href="https://www.parforhold-parterapi.dk/sitemap.xml">https://www.parforhold-parterapi.dk/sitemap.xml</a> <a href="https://www.parforhold-parterapi.dk/news-sitemap.xml">https://www.parforhold-parterapi.dk/news-sitemap.xml</a> <a href="http://www.parforhold-parterapi.dk/sitemap_index.xml">http://www.parforhold-parterapi.dk/sitemap_index.xml</a>
	Robots.txt	<a href="http://parforhold-parterapi.dk/robots.txt">http://parforhold-parterapi.dk/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.