



HARTWERK

EVELINE LOERAKKER

How connected are you, really?

YOUR FREE RELATIONSHIP CHECK

Twelve questions. Space to reflect. One step towards connection.



With love, Eveline

ENGLISH EDITION



My name is Eveline Loerakker. I work as a relationship therapist, supporting couples and individuals who long for more connection, safety and authenticity in their relationships. I look beyond what happens on the surface to what lives beneath it: emotions, needs and patterns that often shape how you meet each other without your awareness.

This short Relationship Check invites you to pause and notice where you are now. Approach your answers with gentle attention, rather than judging them as right or wrong. Notice how things really feel between you, and where you would like more depth, growth and closeness, at your own pace.

Let's
Connect



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WITH LOVE,

Eveline

THE CHECK

Before you begin: Do you feel afraid of your partner, pressured, or unable to say no freely? If yes or unsure, pause this check and seek support from someone you trust or a suitable local service. In immediate danger, contact local emergency services.

How connected are you, really?

Answer honestly. Choose one answer per question that best fits your current situation. There are no right or wrong answers. Complete all twelve questions before adding your score.

1. When you argue...

- A. We both quickly become emotional or angry.
- B. We withdraw and stop talking.
- C. We stay connected and look for a solution together.

2. How safe do you feel being yourselves with each other?

- A. Not very safe; we often hold back.
- B. Sometimes; it depends on the situation.
- C. Very safe; we can show who we really are.

3. How often do you share feelings with each other?

- A. Rarely; it feels uncomfortable.
- B. Sometimes, when it feels safe.
- C. Regularly; we talk openly about emotions.

4. How do you handle differences or disagreements?

- A. We prefer to avoid them.
- B. Sometimes we manage to discuss them.
- C. We can discuss our differences respectfully.

5. What happens when you experience stress?

- A. We distance ourselves from each other.
- B. One seeks closeness while the other withdraws.
- C. We actively support each other.

6. How do you respond to each other's emotions?

- A. We often do not understand each other.
- B. Sometimes we manage to be there for each other.
- C. We feel seen and supported.

THE CHECK

7. How safe do you feel being vulnerable with your partner?

- A. Not very safe; I prefer to keep things to myself.
- B. Sometimes; I am unsure whether I will be understood.
- C. Very safe; I can share anything.

8. How often do you have quality time without distractions?

- A. Almost never.
- B. Occasionally.
- C. Weekly or more often.

9. What usually happens after an argument?

- A. It often lingers, unspoken and unresolved.
- B. Sometimes we manage to talk it through.
- C. We usually talk it through calmly.

10. How connected do you feel in your relationship right now?

- A. We are drifting apart.
- B. We are connected, but it could go deeper.
- C. We feel strongly connected.

11. What do you experience around intimacy and closeness?

- A. There is distance or tension.
- B. It is present, but feels superficial.
- C. It feels deep and nourishing.

12. What is your shared vision for the future?

- A. We rarely talk about it.
- B. We talk about it sometimes.
- C. We feel we are walking a shared path.



YOUR REFLECTION

Add your points

A = 1 point | B = 2 points | C = 3 points

Add all twelve answers. Your total will be between 12 and 36.

These ranges are prompts for reflection, not a validated scale or a diagnosis.

12-19

There is distance
that needs attention

You may notice conversations getting stuck, withdrawing, or trying harder to reach each other. Your answers do not tell you who is to blame. They invite attention to how you respond to each other now.

Try today
Choose a calm moment and take turns: "When we get stuck, I usually feel... and what I need then is..." Listen first. Pause if it feels unsafe or too intense.

Explore Love in Connection for a small first step. Personal guidance is also an option.

20-27

There is a foundation
with room to deepen

There seems to be room to reach each other, while some conversations, feelings or needs remain unspoken. Let this be an invitation to explore what happens in difficult moments.

Try today
Ask each other: "When did you feel close to me this week? And when did you feel distance?" Reflect back what you heard before responding.

The Complete Relationship Guide helps you explore recurring reactions, needs and different ways to connect.

28-36

Your connection seems
strong; keep nurturing it

Your answers suggest moments of safety, contact and teamwork. Even a strong connection needs attention when life gets busy. Keep talking about what matters to each of you.

Try today
Plan fifteen minutes without screens. Ask: "What would you like us to experience together more often in the coming month?" Listen without immediately deciding every detail.

Relationship Cards or the Reflection Workbook can help you make space for these conversations.

A score cannot capture your whole relationship. If there is fear, coercion or violence, prioritise safe individual support.



IN CLOSING

Thank you for taking the time to pause and reflect on yourself and your relationship. Slowing down, looking honestly and noticing what you feel creates room for awareness and change. That alone is valuable.

This check is a gentle mirror, offering insight into where you are now and where you long for more connection, safety and closeness. A score cannot capture your whole relationship or replace appropriate personal support.

If you would like to explore further, you are welcome. Through Heartwork e-books, card sets and workbooks, and my online EFT sessions, I support couples and individuals in exploring patterns and deepening emotional connection.

Notice what feels right for you now. You do not have to force anything. Connection grows step by step, at your own pace.

WITH LOVE,

Eveli Loerakker

Start with a book

You have noticed what needs attention. Choose one resource that fits what you want to explore next.

Love in Connection - Mini E-book

English PDF · EUR 15

Choose this for an accessible introduction to relationship patterns, emotional safety and talking about your needs. Read on your own first, or explore it together when it feels safe.

Complete Relationship Guide

English PDF · EUR 39

Choose this for more extensive explanations, reflection questions and exercises about recurring arguments, withdrawal and connection. Separately sold workbooks, cards and sessions are not included.

Compare the English e-books and choose your next step

If you are unsure, ask me before buying. You do not have to buy several resources at once.

Want personal support?

You can work with me online in English or Dutch, individually or as a couple. I am direct, practical and on your team. We look together at what happens when you get hurt, pull away or end up in the same argument again.

Online session · EUR 200 for 90 minutes

Contact me first to discuss what you need and arrange a suitable appointment. A book can be a starting point; you can also contact me directly if you want personal guidance.

[Explore personal support and your next step](#)

Want to talk about your result?

Send me a DM with what you recognised, or ask which first step fits you. Your answers and score are not sent to me automatically. You choose what you share.

[DM Eveline on Instagram](#)

Email: evelineloerakker@outlook.com

This check is a reflection tool, not a diagnosis. If there is fear, coercion or violence, prioritise safe individual support rather than joint exercises.

You do not have to figure this out alone. I am here to support you both as you find your way back to each other, one step at a time.

*With warmth,
Eveline*