



# Seo Analyzer

## groundedbygrace.com

Generated on March 04 2022 11:26 AM





The score is 43/100







### SEO Content

|  |                    |   |                 |                |                |                |                |
|--|--------------------|---|-----------------|----------------|----------------|----------------|----------------|
|  | Title              | Grounded by Grace &#8211; Addiction through the lens of a daughter, wife and mother   |                 |                |                |                |                |
|  |                    | <b>Length : 83</b>  |                 |                |                |                |                |
|  |                    | Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.   |                 |                |                |                |                |
|  | Description        | <b>Length : 0</b>   |                 |                |                |                |                |
|  |                    | Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.   |                 |                |                |                |                |
|  | Keywords           |   |                 |                |                |                |                |
|  |                    | Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.   |                 |                |                |                |                |
|  | Og Meta Properties |   |                 |                |                |                |                |
|  |                    | This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.   |                 |                |                |                |                |
|  | Headings           | <b>H1</b><br>0  | <b>H2</b><br>12 | <b>H3</b><br>3 | <b>H4</b><br>0 | <b>H5</b><br>0 | <b>H6</b><br>0 |
|  |                    | <ul style="list-style-type: none"><li>• [H2] Posts</li><li>• [H2] Addiction Is Addiction Is Addiction</li><li>• [H2] Protecting Your Peace During the Holidays</li><li>• [H2] In Good Times and Bad, We Are Always Highly Favored</li><li>• [H2] Being Controlling vs. Setting Boundaries</li><li>• [H2] Relinquishing Our Will to Allow Room for God’s: A Lesson for Those Who Love Someone in Active Addiction</li><li>• [H2] Hijacked: Battling Addiction with a Sober Mind</li><li>• [H2] My Son: Drug Addiction and Determination through the Lens of a Mother</li><li>• [H2] A Mama’s Love: When Protecting becomes Enabling</li><li>• [H2] Panic, Calm, Fear, Relief, Repeat – The Vicious Cycle of Loving Someone in Active Addiction and Recovery</li><li>• [H2] My Marriage: Unraveling Resentment and Finding Compassion Amidst Addiction and Recovery</li><li>• [H2] Posts navigation</li></ul> |                 |                |                |                |                |

## SEO Content

|   |                 |   |
|---|-----------------|---|
|   |                 | <ul style="list-style-type: none"><li>• [H3] Top Posts</li><li>• [H3] Common Topics</li><li>• [H3] Privacy Statement</li></ul>  |
|  | Images          | We found 2 images on this web page.<br><br>1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images. |
|  | Text/HTML Ratio | Ratio : <b>12%</b><br><br>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.                            |
|  | Flash           | Perfect, no Flash content has been detected on this page.   |
|  | Iframe          | Great, there are no Iframes detected on this page.  |

## SEO Links

|   |                         |   |
|---|-------------------------|---|
|  | URL Rewrite             | Good. Your links looks friendly!  |
|  | Underscores in the URLs | Perfect! No underscores detected in your URLs.  |
|  | In-page links           | We found a total of 39 links including 0 link(s) to files   |
|  | Statistics              | External Links : noFollow 0%<br><br>External Links : Passing Juice 2.56%<br><br>Internal Links 97.44% |

## In-page links

| Anchor                          | Type     | Juice         |
|---------------------------------|----------|---------------|
| <a href="#">Skip to content</a> | Internal | Passing Juice |
| <a href="#">Home</a>            | Internal | Passing Juice |
| <a href="#">About Me</a>        | Internal | Passing Juice |


## In-page links

|  |          |               |
|--|----------|---------------|
| <a href="#">Links &amp;#038; Resources</a>   | Internal | Passing Juice |
| <a href="#">Contact</a>  | Internal | Passing Juice |
| <a href="#">Addiction Is Addiction Is Addiction</a>  | Internal | Passing Juice |
| <a href="#">cgarove</a>  | Internal | Passing Juice |
| <a href="#">Protecting Your Peace During the Holidays</a>  | Internal | Passing Juice |
| <a href="#">In Good Times and Bad, We Are Always Highly Favored</a>  | Internal | Passing Juice |
| <a href="#">Being Controlling vs. Setting Boundaries</a>   | Internal | Passing Juice |
| <a href="#">Relinquishing Our Will to Allow Room for God&amp;#8217;s: A Lesson for Those Who Love Someone in Active Addiction</a>  | Internal | Passing Juice |
| <a href="#">Hijacked: Battling Addiction with a Sober Mind</a>   | Internal | Passing Juice |
| <a href="#">My Son: Drug Addiction and Determination through the Lens of a Mother</a>  | Internal | Passing Juice |
| <a href="#">A Mama&amp;#8217;s Love: When Protecting becomes Enabling</a>  | Internal | Passing Juice |
| <a href="#">Panic, Calm, Fear, Relief, Repeat &amp;#8211; The Vicious Cycle of Loving Someone in Active Addiction and Recovery</a> | Internal | Passing Juice |
| <a href="#">My Marriage: Unraveling Resentment and Finding Compassion Amidst Addiction and Recovery</a>                            | Internal | Passing Juice |
| <a href="#">Older posts</a>  | Internal | Passing Juice |
| <a href="#">addiction</a>  | Internal | Passing Juice |
| <a href="#">alcohol</a>  | Internal | Passing Juice |
| <a href="#">alcoholic</a>  | Internal | Passing Juice |
| <a href="#">anxiety</a>  | Internal | Passing Juice |
| <a href="#">compassion</a>   | Internal | Passing Juice |
| <a href="#">daughter</a>   | Internal | Passing Juice |
| <a href="#">drug</a>   | Internal | Passing Juice |
| <a href="#">drug addiction</a>   | Internal | Passing Juice |
| <a href="#">drugs</a>  | Internal | Passing Juice |
| <a href="#">empathy</a>  | Internal | Passing Juice |
| <a href="#">father</a>   | Internal | Passing Juice |
| <a href="#">food addiction</a>   | Internal | Passing Juice |
|  |          |               |

## In-page links

|                                   |          |               |
|-----------------------------------|----------|---------------|
| <a href="#">forgiveness</a>       | Internal | Passing Juice |
| <a href="#">grace</a>             | Internal | Passing Juice |
| <a href="#">grateful</a>          | Internal | Passing Juice |
| <a href="#">gratitude</a>         | Internal | Passing Juice |
| <a href="#">marriage</a>          | Internal | Passing Juice |
| <a href="#">recovery</a>          | Internal | Passing Juice |
| <a href="#">resentment</a>        | Internal | Passing Juice |
| <a href="#">spiritual warfare</a> | Internal | Passing Juice |
| <a href="#">substance abuse</a>   | Internal | Passing Juice |
| <a href="#">cookies</a>           | External | Passing Juice |


## SEO Keywords

|   |                |  |
|---|----------------|--|
|  | Keywords Cloud | reading nov continue posted<br>addiction november active cgarove posts<br>december |
|---|----------------|--|

## Keywords Consistency

| Keyword   | Content | Title | Keywords | Descripti<br>on | Headings |
|-----------|---------|-------|----------|-----------------|----------|
| addiction | 14      | ✓     | ✗        | ✗               | ✓        |
| reading   | 10      | ✗     | ✗        | ✗               | ✗        |
| continue  | 10      | ✗     | ✗        | ✗               | ✗        |
| december  | 10      | ✗     | ✗        | ✗               | ✗        |
| posted    | 10      | ✗     | ✗        | ✗               | ✗        |










## Usability

|  |     |   |
|--|-----|---|
|  | Url | Domain : groundedbygrace.com<br>Length : 19 |
|--|-----|---|



## Usability

|  |              |   |
|--|--------------|---|
|  | Favicon      | Great, your website has a favicon.                |
|  | Printability | We could not find a Print-Friendly CSS.           |
|  | Language     | Good. Your declared language is en.               |
|  | Dublin Core  | This page does not take advantage of Dublin Core. |

## Document

|  |                 |   |
|--|-----------------|---|
|    | Doctype         | HTML 5  |
|   | Encoding        | Perfect. Your declared charset is UTF-8.  |
|  | W3C Validity    | Errors : 13<br>Warnings : 21  |
|  | Email Privacy   | Great no email address has been found in plain text!  |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML.  |
|  | Speed Tips      | <div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Perfect, your website takes advantage of gzip.</div> |


## Mobile

|  |                     |   |
|--|---------------------|---|
|  | Mobile Optimization | <div> Apple Icon</div> <div></div> |
|--|---------------------|---|

## Mobile

- ✓ Meta Viewport Tag
- ✓ Flash content

## Optimization

|   |             |  |
|---|-------------|--|
| ✓ | XML Sitemap | <p>Great, your website has an XML sitemap.</p> <p><a href="http://groundedbygrace.com/sitemap.xml">http://groundedbygrace.com/sitemap.xml</a></p> <p><a href="http://groundedbygrace.com/wp-sitemap.xml">http://groundedbygrace.com/wp-sitemap.xml</a></p> |
| ✓ | Robots.txt  | <p><a href="http://groundedbygrace.com/robots.txt">http://groundedbygrace.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>   |
| ✓ | Analytics   | <p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>  |