

A RELATIONSHIP OPERATING MANUAL

How the two of you *actually* work.

A practical read on how you connect, misread each other, fight, repair and need space, drawn from two full personality profiles and written to be used, not just admired.

PREPARED FOR

Daan & Lien

REPORT

True Connection

DATE

24 June 2026

A MAP OF PATTERNS, NOT A DIAGNOSIS

This is built from your two personality tests, not from watching you together, so everything here about the two of you is a careful prediction to check against your own experience. We describe what is most likely true, name both the gift and the cost of it, and end every part with one small thing to try. The point is what you do next.

Where it matters, it also touches intimacy and desire, always as gentle hypotheses.

Before you read on

Thank you for taking this seriously. Most couples never actually stop to look at how they work together, and you did, and you used two full personality profiles to do it rather than a quick quiz. That alone says something good about the two of you, and it is the right frame for everything that follows.

What you are holding is built from your two tests, turned into plain language on purpose, because a score is only ever a starting point. The real value is what it helps you notice about each other, and what you decide to do with it once you have.

Some lines will land the moment you read them. Others may take a day to settle, and a few may simply not fit. Notice what resonates, sit with what is useful, and hold the rest lightly.

One promise runs through every page: we never frame either of you as the problem, and we are fair to each of you in equal measure. We have written it the way a warm, perceptive friend would talk to you both, kind and specific, and we end not with a label but with a small, concrete plan you can start this week.

Warmly, the True5 team

How to read your results

Each of you was scored as a set of **percentiles**. A percentile places you next to other people, it does not measure how much of something you have: a 70 means about 30 in 100 describe themselves as more that way than you do. It is a comparison, never a verdict, and there is no winning end of any trait. Most people cluster near the middle and only a few sit at the far edges, so sitting near the middle does not make you average as a person, it just means you tend to be flexible and situation-led on that trait. From there, most of this report reads the two of you together, in plain language.



1 · COMPARED, NOT JUDGED

Scores say "more or less than most people", never "good" or "bad". The useful question is what each tendency does for the two of you.

2 · EVERY TRAIT TRADES OFF

High and low both buy you something and cost you something. We name the gift and the cost, every time, for each of you.

3 · A SNAPSHOT, NOT A SENTENCE

This reflects how you each see yourselves now. Recent stress can colour a few scores, and people grow. Hold it lightly and revisit it.

HOW SURE WE ARE: MEASURED, DERIVED, INFERRED

We keep three kinds of statement separate: what we **measured** (each of your scores), what we **derived** (the gap between your two profiles), and what we **inferred** (the likely meaning for your relationship). Anything inferred is where to stay most curious and least certain, so we tag the confidence behind the bigger claims.

STRONG, well-established in research · MODERATE, supported, still being mapped · INFERRED, a likely pattern to test.

STRONG well-established in research

MODERATE supported, still being mapped

INFERRED a likely pattern to test



Daan, in this relationship

Before the shared story begins, here is you in one page: how you most likely show up, where you shine, where you snag, and one small thing to try. A precise sketch, not the full picture.

Your strengths

- You read the emotional weather early and sense what is unspoken.
- You bring curiosity and depth, and lean toward growth and the new.
- You care deeply and move toward your partner when it hurts.

Your watch-outs

- Under stress your feelings can rise fast and loud.
- You may ask for closeness sideways rather than plainly.
- You can read a calm or a delay as distance.

Where you do best

- When you feel emotionally met and reassured.
- In low-judgement, low-pressure moments.
- With room for novelty and shared discovery.

YOUR LIKELY STRESS PATTERN

When you feel unheard, your intensity tends to climb, and if it is not met you can go quiet and pull back. The fastest way out is to name the feeling and ask for what you want, rather than waiting to be noticed.

ONE THING TO TRY THIS WEEK

Once, when you want closeness, say it plainly: one feeling and one clear ask. For a style like yours, swapping the hint for the words is the one change that tends to help most.

The shared report goes deeper into how this meets Lien's style in how you connect, misread each other, handle conflict, and repair.



Lien, in this relationship

Your one-page sketch before the shared story begins: how you most likely show up, where you shine, where you snag, and one small thing to try. A precise sketch, not the full picture.

Your strengths

- You stay steady when things heat up, an anchor others lean on.
- You follow through and keep daily life running.
- You are warm and considerate, and show love by showing up.

Your watch-outs

- Your own needs can stay unspoken.
- Your calm can read as distance to a more expressive partner.
- You may give in to keep the peace before saying your view.

Where you do best

- At a calm, unpressured pace.
- With time to think before you respond.
- When what you carry is noticed and thanked.

YOUR LIKELY STRESS PATTERN

Under pressure you tend to go practical and quiet and set your own wishes aside to lower the temperature. The fastest way out is to name one thing you want, so your steadiness does not quietly cost you.

ONE THING TO TRY THIS WEEK

Once, say out loud one small thing you would like, before smoothing things over. For a style like yours, letting your preference be heard is the one change that tends to help most.

The shared report goes deeper into how this meets Daan's style, and where the two of you balance and where you snag.

Your relationship at a glance

You look like a strong mix of steadiness and warmth who most likely care deeply, but do not always show it in the form the other immediately recognises. The pattern to work with is not conflict itself, but how each of you reads the other under stress.

YOUR MAIN STRENGTH	Two calm, caring people who meet most easily one to one, with a real fit: Lien's steadiness and Daan's attentiveness each cover a gap the other has.
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YOUR MAIN FRICTION	Daan's feelings run hot and fast where Lien stays even, so one can feel unheard and the other flooded, while the planning quietly tilts onto Lien.
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YOUR MAIN REPAIR MOVE	Answer the feeling before reaching for a fix, and take a short, named pause instead of flaring or going quiet.
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WHAT HELPS MOST	A short weekly check-in, and a named pause when things heat up.
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WHAT THIS REPORT HELPS YOU DO	Recognise your patterns without blame, see what each of you actually needs, and run a few small experiments that tend to improve connection, conflict and repair.
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How Daan most likely tends to function inside this relationship. This is behaviour, not character, and a tendency, not a rule. Every pattern below is a two-sided coin: it protects something and it risks something.

HOW HE SHOWS CARE

By tuning in: noticing your mood, asking for a real conversation, suggesting you do something together rather than apart. His care tends to look like emotional presence and attention. The risk is that this can be quiet, so it is sometimes given without being noticed.

HOW HE ASKS FOR CARE

Often indirectly. When he needs closeness he may hint, go a little quiet, or hope to be noticed rather than say it plainly. That protects him from feeling exposed, but it can leave you guessing what he actually wants.

UNDER STRESS

His internal alarm tends to fire early and loud. Feelings come fast and visibly, and a small thing can feel big in the moment. The upside is he is honest and quick to surface a problem; the cost is the volume can land as bigger than he means.

IN CONFLICT

He may take things to heart fast and feel judged, then either defend his corner or withdraw. Specific, kind feedback lands well; broad or cool criticism stings and tends to escalate things.

HOW HE REPAIRS

He usually wants the connection back quickly, but can find it hard to reopen once he has gone quiet. He repairs best after a short cooldown, through warmth and reassurance more than through logic.

WHAT MAY LAND DIFFERENTLY

When he feels unheard, his intensity can feel like a lot in the moment, precisely because he cares and wants to get closer. Naming that out loud helps it land as the bid for connection it really is.

WHAT HELPS HIM MOST

Being heard before being fixed, and a brief sign the bond is intact.

WHAT WORKS LESS WELL

A solution arriving before the feeling has been heard, especially mid-flare.

ONE HABIT TO PRACTISE

Name one feeling and one clear ask out loud ("I feel X, I would like Y"), then take a bounded pause instead of going silent.



How Lien most likely tends to function inside this relationship, written through the exact same lens as Daan's, so neither of you is framed as the easier or the harder partner.

HOW SHE SHOWS CARE

By doing and being reliable: planning, remembering, showing up, quietly handling what needs handling. Her care tends to look like dependability. The risk is that steady, practical love can fade into the background and go unthanked.

HOW SHE ASKS FOR CARE

Rarely out loud. She may set her own needs aside to keep things smooth, which keeps the peace but can mean her partner genuinely does not know what she wants until later.

UNDER STRESS

She tends to stay steady and reach for a solution. That calm is a real anchor for the relationship; the cost is she may go practical and quiet rather than show what she feels, so the emotion can stay invisible.

IN CONFLICT

She usually stays composed and rarely rattled. She may accommodate or concede to restore calm, sometimes before she has said her own view, so the real issue can get smoothed over rather than solved.

HOW SHE REPAIRS

She repairs by settling things down and moving on. For her partner, though, real repair may need the feeling named first, not only the practical problem fixed, or it can feel like the moment was skipped.

WHAT MAY LAND DIFFERENTLY

Her calm and quick problem-solving can read as distance in the moment, when in fact it is how she steadies things and shows she has it in hand. Naming the feeling alongside the fix helps it land as the care it is.

WHAT HELPS HER MOST

A pause that is genuinely restful rather than a test, room to say what she wants, and being thanked for what she carries.

WHAT WORKS LESS WELL

Being asked to respond or open up before she feels ready, or her steady care going unnoticed.

ONE HABIT TO PRACTISE

Reflect his feeling before fixing, and name one thing she wants, however small, each day.

What closeness looks like for you two INFERRED

You bond most easily in calm, low-key, one-to-one time, and you are genuinely well matched there. The catch is that you each tend to read affection through a slightly different lens, so closeness offered in one form can quietly be missed in the other. This is one of the most common and most fixable gaps in a caring relationship.

Daan tends to feel close when

- He is asked how he actually feels, and met there rather than redirected to a solution.
- You try, plan or talk through something new together.
- There is unhurried, undivided attention, even for a few minutes.
- A feeling he shares is received warmly before anything practical happens.

Lien tends to feel close when

- She is looked after and helped without having to ask for it.
- Plans hold and daily life runs smoothly alongside each other.
- There is easy, comfortable time together, including quiet time.
- What she carries is noticed and thanked, out loud.

THE LIKELY MISREAD

Connection can come through words, actions, shared time, humour or simply reliable presence, and you two lean on different channels. Daan may read Lien's acts of care as "just logistics" and miss the love inside them; Lien may read Daan's wish to talk and explore as restlessness rather than a bid for closeness. The lonely moments are usually not coldness: Daan can feel alone when a feeling is met with a fix, and Lien can feel alone when her steady effort goes unseen. Naming which channel each of you speaks turns a near-miss into a hit.

TRY THIS WEEK

Two minutes of "how are you, really" before any logistics, once a day. It gives Daan the emotional contact he reads as love, and gives Lien a small, dependable ritual that fits how she connects.

Where intention and impact split INFERRED

This is one of the most useful pages, because most conflict between caring partners is not about what happened, it is about what each person assumed it meant. What feels like self-protection to one of you can land as rejection to the other. These readings come from the gap between your two self-reports, a derived comparison that research links to satisfaction. Because we did not ask either of you to rate the other, they are likely mismatches to check, never facts about what either of you actually thinks.

Calm meets intensity	
WHEN LIEN STAYS CALM, DAAN MAY FEEL That her steadiness means she does not care, and that a quick move to solutions brushes his feelings aside. What protects her from being flooded can read to him as being shut out.	WHEN DAAN GETS INTENSE, LIEN MAY FEEL That he is overreacting, and feel flooded by a charge she does not share. What is, for him, an honest bid to be understood can read to her as pressure or criticism.
Structure meets flexibility	
WHEN LIEN PLANS AND REMINDS, DAAN MAY FEEL Managed rather than cared for: a reminder about a chore or a plan can land as a check-up rather than help, and he may pull back from the very support that is offered as love.	WHEN DAAN STAYS LOOSE, LIEN MAY FEEL That the load is landing unevenly, when it is mostly a different relationship with structure rather than any lack of care or effort.
New meets the proven	
WHEN LIEN PREFERS THE FAMILIAR, DAAN MAY FEEL Held back or quietly shut down when he brings a new idea, as if his curiosity is a problem.	WHEN DAAN PUSHES FOR THE NEW, LIEN MAY FEEL That her contentment is being criticised, as if what they already have together is not enough.
TRY THIS Pick the one line above that stings a little, read it to each other, and ask a single question: "Is that what is happening for you?" You are not trying to win, just to close the gap between what was meant and what was felt. Naming it out loud, in calm, is most of the repair.	

How a hard moment tends to spin MODERATE EVIDENCE

Most couples have one signature loop, and yours most likely runs on the gap between calm and intensity. In plain terms: one hurt feeling leads to another, and both of you start protecting yourselves instead of understanding each other. Each step is a reasonable response to the one before, which is exactly why it keeps going around. Seeing it as a system, rather than a fault in either of you, is what makes it possible to step out of.

1 Trigger

An unmet need or a missed plan starts the loop.

2 First reactions

Daan's intensity rises; Lien stays calm and moves to fix.

3 Meaning assigned

Calm reads as distance; heat reads as attack.

4 Escalation

He presses or pulls back; she smooths it over, goes quiet.

5 Repair missed

Smoothed over, not solved; resentment quietly banked.

6 Loop restarts

The unresolved hurt sits under the surface until the next trigger.

What tends to make it worse

- Reaching for a fix before the feeling has been heard.
- Pushing harder, or going silent with no agreed return time.
- Reopening the argument while one of you is still hot.
- Reading the other's protective move as proof they do not care.

What tends to help

- Lien reflects the feeling first ("I can see that landed hard").
- Daan names it and asks for a short, bounded pause.
- Whoever is calmer makes the first move back.
- Naming the loop itself out loud: "we are doing the thing again".

THE ONE MOVE THAT BREAKS IT

Step 3 is the weak point, where calm gets read as distance and heat gets read as attack. Break it there: one of you reflects the feeling before any fix, the other names it and asks for a pause. You do not both have to do it right; either move, made by one of you, usually stops the spin.

What each of you does with big feelings

MODERATE EVIDENCE

Some people get quieter when feelings run hot, because they are trying to slow the room down and stay in control. Others talk more, because they are trying to keep the connection alive. Neither is wrong. The trouble starts when each of you assumes the other's style means they are refusing to care. Knowing what your bodies are each trying to do takes a lot of the threat out of the moment.

Daan

WHEN THE TEMPERATURE RISES

WHAT HE DOES

Feelings come out fast and visibly; he may over-explain to be understood, and seek a sign you are still on his side.

WHAT HIS SYSTEM WANTS

To restore connection and certainty quickly, so the threat of distance goes away.

WHAT CALMS HIM FASTEST

Being heard and reassured the bond is fine; a clear, bounded pause if it is too much.

WHAT MAKES IT HARDER

A fix before the feeling is heard, or open-ended silence with no return time.

Lien

WHEN THE TEMPERATURE RISES

WHAT SHE DOES

She steadies fast and reaches for a solution; she may go practical and quiet, and set her own needs aside.

WHAT HER SYSTEM WANTS

To lower the temperature and get back to stable ground before dealing with feelings.

WHAT CALMS HER FASTEST

A moment to think without being flooded, and a calmer pace she can meet.

WHAT MAKES IT HARDER

Being asked to respond before she is ready, or having her calm read as not caring.

IN THE FIRST TEN MINUTES

Do not expect calm logic from Daan yet, and do not expect Lien to match his emotional intensity on the spot. That window is for steadying, not solving. The mismatch is actually your leverage: her steadiness can lend him a brake, and his openness can give her permission to name what she feels, if you lend it on purpose rather than wait to be asked.

The repair sequence

Coming back together well matters more than never rupturing in the first place. A good repair is not a grand apology, it is a short, sincere sequence that most people skip a step or two of when they are upset. Run it in order and it works far more often than it has any right to.

1 Recognise the hurt

Show you can see that it landed, before anything else.

2 Validate the impact

Say why it made sense that it hurt, without "but".

3 Take your part

Own your piece simply, even if it was not all of it.

4 Explain briefly

One line of context, not a defence or a counter-case.

5 Offer a next step

One concrete thing you will do differently.

6 Reconnect

A small gesture that says you are back on the same side.

What Daan needs first

HE HEARS FEELING AND PRESENCE

NEEDS FIRST

Emotional recognition, not a fix. Acknowledgement that the feeling was real comes before any solution.

DETAIL LEVEL

Warmth over precision; he needs to feel met more than he needs the facts relitigated.

SOFTENS WHEN

You name the feeling and stay present with it.

SHUTS DOWN WHEN

It is minimised, or a solution arrives before the feeling is heard.

What Lien needs first

SHE HEARS ACCOUNTABILITY AND FOLLOW-THROUGH

NEEDS FIRST

Acknowledgement plus a concrete next step. A feeling named is good; a changed behaviour is what truly lands.

DETAIL LEVEL

Brief and specific; she does not need a long emotional excavation to move on.

SOFTENS WHEN

You take responsibility cleanly and say what you will actually do.

SHUTS DOWN WHEN

There is pressure to process at length, or promises with no follow-through.

Words that actually work

You each soften to different language, so the same apology can land beautifully in one direction and fall flat in the other. Borrow these as starting lines, in your own voice. The goal is sincerity, not a script read out word for word.

When Daan repairs with Lien

TRY SAYING

"You were right that I dropped that, and I see it made more work for you."

"Here is the one thing I will change so it does not happen again."

TIMING & TONE

Calm and concrete, after he has cooled, not mid-flare.

AVOID

Global criticism, reopening while hot, sarcasm, or a feelings-only apology with no next step.

When Lien repairs with Daan

TRY SAYING

"I can see that hurt, and I understand why it felt distant."

"Your feeling matters to me. Can we slow down before we fix it?"

TIMING & TONE

Warm and present; give the feeling air first, then solve together.

AVOID

Jumping to solutions, "it is fine", or conceding without meaning it.

REAL REPAIR SOUNDS LIKE

"I could see that hurt, and I care. Here is the one thing I will change." It names the impact, owns a part, and offers a step.

A FAKE RESET SOUNDS LIKE

"Fine, sorry, can we just move on." The quiet returns, but nothing was heard, owned, or changed, so the same fight comes back.

ONE SHARED RULE

Whoever is calmer offers repair first, and the other accepts the offer rather than re-litigating who started it. A reset offered is only as good as the reset received, so meeting a clumsy repair halfway is itself a repair.

Distance without disconnection INFERRED

Conflict and overload tend to go sideways when a pause means different things to each of you. Space is not rejection when it is named clearly; it becomes painful when one person needs room and the other is left guessing what it means. Your needs here are likely far apart, and that is completely normal. The fix is to agree, in calm, what a break is and is not, before you need it.

Daan and space

- Open-ended silence can read to him as being left, so he needs a clear return time more than most.
- A little reassurance during the gap ("we are okay, I just need a beat") goes a long way.
- Space feels safe when it is named and bounded, and rejecting when it is sudden or indefinite.

Lien and space

- She is comfortable with calm distance and often finds it genuinely restorative.
- She may under-supply reassurance during a gap, not from coldness, simply because she needs less of it herself.
- Space feels safe when it is truly restful, and harder when it comes with a push to talk it through right away.

A HEALTHY SPACE SCRIPT

"I need twenty minutes to settle. I am not leaving you or the issue, and I will come back to it at [time]." Naming the length and the return is what turns a pause from a threat into a tool.

A HEALTHY RECONNECTION SCRIPT

"I am back, thanks for giving me that. Where were we?" Reconnect with one small fixed gesture, not a fresh round of the argument. On busy or overloaded weeks, protect one short check-in so ordinary distance does not quietly harden into disconnection.

What makes each of you feel secure INFERRED

Emotional safety is built less in the big moments and more in the small, daily ones: checking in after a hard day, keeping a promise, noticing a mood shift, responding kindly to a small bid for attention. Here is what tends to read as safe to each of you, and what quietly does the opposite. Read these to each other and correct anything that does not fit, because you are the expert on your own list.

Daan

READS AS REASSURANCE

Being asked how he feels and met there; a warm word that the bond is fine; undivided attention.

FEELS DISMISSED BY

A fix offered before the feeling is acknowledged, or a mood shift going unnoticed.

FEELS CONSTRAINED BY

Lots of direction on small details, even when it is meant as help.

FEELS CHOSEN BY

Being emotionally met, and his bids for closeness answered.

FEELS ALONE WHEN

He shares a feeling and gets logistics back.

Lien

READS AS REASSURANCE

Steady follow-through, kept promises, calm presence, and help offered before she has to ask.

FEELS DISMISSED BY

Her quiet, reliable care going unnoticed or unthanked.

FEELS CONSTRAINED BY

Being asked to respond or open up before she feels ready.

FEELS CHOSEN BY

Being thanked for what she carries, and met at her steadier pace.

FEELS ALONE WHEN

She holds the load and it goes unseen.

TRY THIS

Each pick one line from the other's column and do more of it this week. Daan: thank Lien for one specific thing she carried. Lien: ask Daan how he is, and just listen, no fixing. Safety is built in small, repeated deposits, not one grand gesture.

How closeness and desire tend to work

INFERRED • TENTATIVE

This is the most tentative part of the report, so hold it the most lightly. Personality is only loosely and indirectly linked to desire, so read what follows as gentle hypotheses about your likely styles, never as a verdict on your sex life and never as medical advice. Consent, ease, and what you each actually want always matter more than any pattern below.

Daan

A LIKELY DESIRE STYLE

TENDS TO WARM UP THROUGH

Emotional closeness and feeling wanted, often alongside a little novelty or shared playfulness.

WHAT TENDS TO HELP

Reassurance that the bond is solid, low judgement, and feeling desired rather than evaluated.

WHAT TENDS TO COOL IT

Insecurity, feeling criticised, or a sense that he has to perform.

HOW HE TENDS TO INITIATE

Through warm, emotional bids and shared moments; he may hold back if he is unsure of a warm welcome.

Lien

A LIKELY DESIRE STYLE

TENDS TO WARM UP THROUGH

Safety and a relaxed, unpressured pace; for many people like this, desire is more responsive than on-demand.

WHAT TENDS TO HELP

Feeling genuinely free to say yes or no, emotional closeness first, and the familiar over the brand new.

WHAT TENDS TO COOL IT

Feeling pursued or under pressure, or setting her own wishes aside to keep the peace.

HOW SHE TENDS TO INITIATE

She may rarely initiate directly, and warms most to a gentle, low-pressure invitation she feels free to decline.

RESPONSIVE AND SPONTANEOUS DESIRE

Desire does not work the same way for everyone. For many people it is responsive: it grows out of safety, closeness and the right context rather than arriving on its own. For others it is more spontaneous, appearing first and looking for an outlet. Neither is more normal or more healthy, and a difference between the two of you is common and very workable once it is named without blame.

Talking about it, and rebuilding it INFERRED · TENTATIVE

How you talk about sex shapes it at least as much as anything else here. The aim is simple: make a "no" feel safe and a "yes" feel free, so closeness stays a choice rather than becoming a test.

Sexual communication

- Daan may show interest indirectly, and can read a "not now" as a sign of lost attraction when it is usually about timing or safety.
- Lien may find it harder to voice her own wishes or a clear "no", so it matters that a refusal is always met kindly.
- Talk about any mismatch as two different rhythms to bridge, never as one person wanting "too much" or "too little".

Likely misreads to watch

- One of you may read distance as a lack of attraction.
- The other may read an approach as pressure rather than affection.
- An invitation meant warmly can land as an obligation.

Naming these gently, out loud, takes most of the sting out of them.

REBUILDING CLOSENESS, IF IT HAS GONE QUIET

Reduce the pressure first, then rebuild safety: more warmth and low-demand touch (closeness with no expectation it leads anywhere), small moments of play, and a little time. Try not to make sex the test of whether the relationship is okay, and treat a quiet patch as a shared system to adjust together, never a fault in either of you. If your levels of desire are out of sync, treat it as a question of timing and safety rather than a measure of attraction: the one who tends to want more can ease off the pursuit, and the other can offer a warm, low-pressure yes when it is genuinely there.

A GENTLE EXPERIMENT

For one week, share affection with no expectation that it goes further: a longer hug, sitting close, a hand held. Taking performance off the table is often exactly what lets ease, and then desire, return on their own.

Small routines that fit you two

These are tools, not personality destiny, so treat each as "this may fit our pattern, let us test it". They are chosen for how you two actually work, and structure sits more naturally with Lien, so it usually helps to let her hold the calendar. Start with one or two; a habit you keep beats five you admire.

1

Weekly 20-minute check-in

One round each: how loaded I feel, one good thing, one thing I need. Reflect back before you respond. It surfaces needs while they are small instead of letting them build.

WHEN: SAME SLOT WEEKLY - ~20 MIN - WORKING WHEN: FEWER SURPRISES BLOW UP

2

Conflict cooldown rule

Your agreed bounded pause plus a fixed reconnect gesture, used the same way every time so it is automatic, not negotiated mid-fight.

WHEN: THE MOMENT IT HEATS - ~20 MIN - WORKING WHEN: FASTER RECOVERY

3

After-work transition

Ten quiet minutes to land before any logistics or hard topics. It stops the day's stress from becoming the evening's argument.

WHEN: DAILY, ON ARRIVAL - ~10 MIN - WORKING WHEN: CALMER EVENINGS

4

Daily appreciation

Daan: one specific thank-you for what Lien carried. Lien: one stated preference, however small. It feeds both of your dialects at once.

WHEN: DAILY - ~1 MIN - WORKING WHEN: BOTH FEEL SEEN

ONE QUALITY-TIME RULE

Alternate who picks: one calm, familiar ritual that suits Lien, then one small new thing that suits Daan. The bridge across your novelty gap is taking turns, not grinding each other down to a grey compromise neither of you enjoys.

Run it as an experiment

Insight that never becomes action is just entertainment. So pick a small, concrete set of moves, run them for thirty days, and see what actually changes. Treat it as a test, not a verdict: one change per lane, one number to watch, and one moment to review together.

Start

Weekly check-in

Book the 20-minute check-in, same slot. Lien owns the reminder, Daan owns showing up on time.

LANE: BUILD

Stop

Smoothing & silence

Lien: stop conceding without saying the real thing. Daan: stop flaring then going quiet. Name it when you catch it.

LANE: DROP

Continue

Daily contact

Keep the two-minute "how are you really" and the daily appreciation going; they are already low-cost wins.

LANE: PROTECT

In conflict

Reflect + pause

Reflect the feeling before fixing, and call the bounded pause. Use it once on purpose, even on something small.

LANE: PRACTISE

ONE REPAIR BEHAVIOUR · YOUR WEEKLY METRIC · YOUR REVIEW

Repair to practise: whoever is calmer offers the first reset; the other accepts it. Track weekly (each, 1 to 10): "I felt heard" and "the load felt shared". Useful alternatives: fewer escalations, shorter recovery time, more reliable repair, less avoidance. At the weekly check-in, look at the trend across weeks, not any single number, and if one is stuck, make that the thing you talk about.

None of this is a verdict on the two of you. It is a set of small, testable moves built on a connection that already has the warmth and the calm to carry them.

Honest about the edges

This report can help you understand likely patterns in how you connect, fight and come back together, and give you specific things to try. What it cannot do is tell you whether your relationship is good or bad, or what will happen next. It is built from two questionnaires, not from watching you live, so every line about your dynamic is interpretation, not observed fact. Read it together, keep what rings true, set the rest down. You remain the only real experts on the two of you.

WHAT WE MEASURED, DERIVED AND INFERRED

Measured: your two 300-item self-reports, scored against norms. **Derived:** the gap between your profiles, used in how you misunderstand each other. **Inferred:** everything about your dynamic, offered as likely patterns, not measurements. The intimacy section is the most tentative of all.

For context, across many couples, lower Neuroticism and higher Agreeableness and Conscientiousness are on average linked to higher relationship satisfaction **STRONG**. That is a population trend, not a scorecard for the two of you.

The one-glance summary

Come back to this page when you do not have time for the rest. Six lines that hold the heart of it, plus where to start this week.

YOUR MAIN STRENGTH

Two calm, deeply caring people who meet most easily one to one.

YOUR MAIN TRIGGER

Daan's intensity meeting Lien's calm, and an uneven load.

YOUR REPAIR RULE

Reflect the feeling first, then take a short, bounded pause.

YOUR SPACE RULE

A pause is named, time-boxed, and the one who calls it owns the return.

YOUR CONNECTION HABIT

Two minutes of "how are you, really" before any logistics.

YOUR CONFLICT RULE

The calmer one repairs first; the other accepts, rather than re-litigating.

YOUR DESIRE STYLES

His tends to grow with reassurance and play; hers with safety and a relaxed pace. Different rhythms, both workable.

REBUILDING CLOSENESS

Lower the pressure, rebuild safety first, and never make sex the test of whether you are okay.

YOUR EXPERIMENT FOR THE MONTH

Book the weekly check-in, and each pick one thing from the other's "feels chosen" list to do more of. One small move, repeated for thirty days, is what turns this report from an interesting read into real momentum. Then come back and see what changed.

Enjoyed your report? Share it, get rewarded

If True Connection helped the two of you see each other a little more clearly, the nicest thing you can do is tell a couple you care about. When you do, we say thank you in a way you can both enjoy.

Give **\$10**, get **\$10**.

Share your personal link with friends. When they get their own True Connection report, they get a little off, and you get a reward to put toward your next True5 report or experience.

1

Share your link

Find your unique referral link in your account and send it to a couple who would love this.

2

They get theirs

They order their own report at a friends price, just for being referred by you.

3

You both win

Your reward lands automatically once their report is on its way. Simple as that.

A QUICK NOTE

The exact reward and how to claim it are being finalised. Your full referral details will live in your account and in your delivery email.

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