

# How Well Can You Read Your Spouse's Moods?

By Susan Vogt, MA, CFLE

Answer each question according to what you think your spouse (boy/girlfriend, fiancé/fiancée) would say. Then check with each other to see how close you are in interpreting each others words and moods. In this quiz, guessing what your spouse would answer is not as important as the discussion you have as a result of it.

---

## 1. "I have a headache" means:

- A. I want to be alone.
- B. I want some sympathy and consolation.
- C. I need to know where you put the aspirin.
- D. I'd like some comfort food or a back rub.
- E. Don't even think of suggesting we make love tonight!

---

## 2. When I ask my spouse, "What's wrong?" and the reply is "Nothing," that means:

- A. Nothing is wrong. (This probably is not true and, therefore, wrong.)
- B. My spouse is feeling neglected or misunderstood and wants you to remember what you did to offend and then apologize.
- C. My spouse wants to be left alone to sulk or vegetate for awhile.
- D. She's probably having a PMS moment.

---

## 3. Your spouse looks at you with a gleam in the eye:

- A. Something good happened at work and he/she is anxious to share it.
- B. He's proud that he has such a beautiful wife. She's proud that she has such a handsome husband.
- C. Your spouse just had the lowest golf score of the year, the highest video game score, or won the lottery or \_\_\_\_\_
- D. He's hoping you're in the same mood that he is in this evening. (Reverse pronouns if you like.)

---

## 4. Your spouse snaps at you. He or she is probably:

- A. Tired and needs a nap.
- B. Upset about something that doesn't involve you.
- C. Annoyed that you just beat him/her at a game.
- D. Defensive because of a criticism that you just delivered.
- E. Other \_\_\_\_\_

---

## 5. Your spouse is quiet and doesn't respond when you walk in the room. He/she is probably:

- A. Just fine and enjoys the calm and solitude
- B. Brooding. It might be about you, but it might not.
- C. Bored or lonely and is waiting for your company to do something.
- D. Engrossed in thought or concentrating.
- E. Privately praying/meditating.
- F. Almost asleep. Don't disturb.

**6. Your spouse is scurrying around, barking orders, and looks frazzled. He/she would probably like you to:**

- A. Get out of the way
  - B. Think of ways to help with the tasks that need to be done.
  - C. Ask what you can do to help.
  - D. Know that there's so much to do because of something you forgot to do or your tardiness and is hoping for an apology.
- 

**7. Your spouse is sick. He/she probably wants to:**

- A. Be left alone.
  - B. Have you run to the store for medication.
  - C. Have you be solicitous, i.e. bring some juice, the paper.
  - D. Have you nearby for company and conversation
- 

## **SCORING:**

If you accurately anticipated your spouse's answer:

- 5-7 times — You're experienced in reading your spouse's moods
- 2-4 times — Don't just guess, verbally check out what your spouse really means and wants.
- 1 time — Time for a communication class.