

What to do with wife who is constantly on phone?

October 9, 2018 | 15 upvotes | by [Lion-Slicer](#)

My wife is always in her phone when we are home. She's a good earner and still takes care of most household cleaning but Jesus Christ she's always flipping through social media while we're watching tv and what not. Is this something we ignore and continue on with our mission or does something need to be said?

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Comments

[deleted] • 43 points • 9 October, 2018 07:07 PM

while we're watching TV

There's your problem. Do something more interesting. Right now her options are 1) sit next to you watching a screen or 2) sit next to you watching her screen. Wow. What a tough choice you have given her.

beginninganewstart • 11 points • 9 October, 2018 08:38 PM

TV shows and movies can be a fun bonding experience. I like to hike, gym and do outdoors stuff as well, but at the end of the day before bed I sometimes like to curl up on the couch with my SO and watch an episode or movie. It's not like we do it all the time.

TV is not the problem. It's not OPs job to entertain his wife; he's not her entertainment monkey. Sure they should aim to do fun things together, but sometimes after dinner on a quiet night some TV is well warranted.

[deleted] • 9 points • 9 October, 2018 09:25 PM

TV shows and movies can be a fun bonding experience.

I agree. So what? Are you suggesting that OP forces his wife to look up from her phone and enjoy the amazing TV experience he has generously provided?

Or could it be that she's fucking BORED and would rather do something else?

Hmmm...tough call.

BobbyPeru • 3 points • 9 October, 2018 10:15 PM

Nice. I see what you did there. Unfortunately, OPS probably won't

Lion-Slicer[S] • 3 points • 9 October, 2018 07:17 PM

It's not every night we watch tv. Usually about 1/2 hr during the week after we've put kids to bed.

But the way I see it is, at least watching tv you can bond over a shared interest. She on her phone seems disrespectful. But you're right, I need to just find something more interesting to do on those occasions.

RedPill-BlackLotus • 5 points • 9 October, 2018 08:12 PM

But the way I see it is, at least watching tv you can bond over a shared interest.

Take the red pill already.

SorcererKing • 9 points • 9 October, 2018 07:52 PM

TV is for when you're sick or injured. Get out there and live your life.

Two_kids_in_a_coat • 7 points • 9 October, 2018 07:58 PM

Naw dude, don't pretend your screen is superior to her screen. Go for a hike or something, take her to the gym with you, go out on the motorcycle, go for a fall drive or to a local fair. Play a board game, make some shit or just talk to her.

lionmenden • 8 points • 9 October, 2018 09:21 PM

Most of this is not feasible at 9pm when the kids are asleep.

[deleted] • 9 points • 9 October, 2018 09:33 PM

Yeah, at 9pm with kids in the house a couple has 3 options:

fuck

do their own thing (separately or in the same room)

joint activity

Are you guys really this fuckin autistic? Jesus Christ, I take a break from MRP for a few weeks and it's like talking to 1st graders. If she agrees to doing something together, and then starts doing her own thing (on the phone) in the middle of it, guess what? Together time is over. Either your taste in movies suck or you just suck to be with. The problem is on you, not her.

weakandsensitive • 2 points • 10 October, 2018 01:15 AM

, I take a break from MRP for a few weeks

Hate to break it to you, but nothing's changed.

CalvinRichland • 12 points • 9 October, 2018 07:08 PM

With my wife i took her phone from her hand and threw it on to a chair 10 ft away. Then smiled and pulled her in close. She loved it and it was a good night.

If that doesnt work tell her you are going to go do x that you like. Its ok to tell her you have important stuff going on but if she isnt fully present you wont spend time with her.

straius 1 points 9 October, 2018 07:33 PM* **[recovered]**

This OP. Don't be an autistic and mimic the exact actions here, the point if the tossing the phone is communicating what that time is characterized by.

Your wife probably thinks this is chill time. So she's chillin. Find a way to direct or communicate that the time is something else. Chances are she'll get it and the new expectation of what that time is about can take hold. Otherwise you'll just continue to stew in your lack of action and communication wondering why she doesn't "just get it"

CalvinRichland • 2 points • 9 October, 2018 07:36 PM

The key with 1 is doing it in a playful but confident frame. If you dont already have that frame it will be like her older brother stole her phone not like her man said I am willing to give you time but I am more important than your phone or sharing you.

Reach180 • 10 points • 9 October, 2018 07:10 PM

Be more interesting than her phone.

johneyapocalypse • 10 points • 9 October, 2018 08:04 PM

The new Google Pixel 3 is way more interesting than OP.

[deleted] • 3 points • 9 October, 2018 11:42 PM

I heard it even has Band 71. I bet OP doesn't have Band 71.

beginninganewstart • 4 points • 9 October, 2018 08:27 PM

It's not his job to entertain her. OP is not her monkey. Let's keep in mind that OP is also watching TV - perhaps because she's not as entertaining to him as his TV is to him.

Are you suggesting that OP constantly be entertaining her during all their free time together?

Reach180 • 2 points • 10 October, 2018 11:37 AM

Are you suggesting that OP constantly be entertaining her

Think of a person you find interesting. How much time and energy do they spend trying to entertain you?

mindfulbutgutless • 9 points • 9 October, 2018 07:02 PM*

As long as she is not nose deep while you are balls deep, just keep doing you.

Edit: The fact that you care that she is on the phone makes me think you are seeking validation in some way from her.

RedPill-BlackLotus • 9 points • 9 October, 2018 08:08 PM

Go in the other room and send her some dick picks.

Wtf do you need mommies attention for besides fucking. If she's on the phone to avoid fucking you then your In the right place.

Side bar, lift, suck less.

Rian_Stone • 9 points • 9 October, 2018 07:12 PM*

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Lion-Slicer[S] • 1 point • 9 October, 2018 07:25 PM

So you never watch tv?

Rian_Stone • 5 points • 9 October, 2018 07:48 PM*

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Lion-Slicer[S] • 1 point • 9 October, 2018 08:21 PM

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Rian_Stone • 3 points • 9 October, 2018 09:18 PM*

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MrChad_Thundercock • 7 points • 9 October, 2018 09:27 PM

Text her a dick pic.

wedsngr • 3 points • 9 October, 2018 07:15 PM

In this scenario, you're apparently all gathered around the TV, which is a complete waste of time, as evidenced by her checking out.

Go for a walk, engage with your kids, challenge them to a board game or invite them out to do something. The problem here isn't her; it's the lack of your giving her better options.

If she's still doing this during family time, just start ignoring her. You can't make another adult change, so engage with your family as if she didn't exist. Make plans, go places, live your life.

Morphing2Alpha • 3 points • 9 October, 2018 09:15 PM

Chad(s) can sneak into your bedroom through her phone. May be they are already.

screechhater • 2 points • 10 October, 2018 02:46 AM

Get the fuck out of the house more, show up at bed time or after.

Become attractive.

You lift ?

2ndal • 1 point • 9 October, 2018 07:02 PM

My first answer is to stop letting the behaviors of others crack your frame like this. My second answer is you only know she's on her phone when you're around her, so be around her less.

[deleted] • -3 points • 9 October, 2018 07:05 PM

I agree with your second point. I'll also add that when you allocate time to spend with her, if she's on her phone, it's a huge disrespect to you.

Take away the phone or social media if she can't behave herself around you.

SorcererKing • 6 points • 9 October, 2018 07:51 PM

Take away the phone or social media if she can't behave herself around you.

No, the phone is hers and her time is hers. What he can take away is what belongs to him: his time, his presence, his attention. He'll find out real quickly what she values.

[deleted] • 1 point • 9 October, 2018 08:11 PM

Wrap her around your arms and keep her focused on the show. My wife and i have a moment every few minutes where we look at each other to share our expressions while watching a good show. If either of us are on our phones we judge each other and point it out.

a0001_i1100 • 1 point • 9 October, 2018 11:13 PM

Depends on the context whether it is disrespectful or not in my opinion. If it's a show or movie you guys watch together: disrespect. Mindless flipping through channels: okay behavior.

On phone at dinner or a date: disrespect.

However, you gotta be more interesting than the damn shit she's looking at on the phone.

I call out my ltr when I think she's being disrespectful with it. Something along the lines of "if you want to be on your phone that's fine, I'm going to go do X."

I can relate.

Lion-Slicer[S] • 1 point • 9 October, 2018 11:35 PM

A lot of times I will pause the tv when she is on her phone until she puts it down.

a0001_i1100 • 1 point • 10 October, 2018 01:33 AM

Maybe ramp that up a bit if she's continuing the behavior. turn tv off and go lift or meet a buddy or go

for a run or play guitar. But ultimately man, it comes down to how attentive and interesting you or being. Better yet: turn tv off. Grab phone out of her hands gently but confidently. Set it on the coffee table or night stand or whatever. Begin to escalate-make out, run your hand between her legs etc etc

Bedtimeshine • 1 point • 10 October, 2018 10:57 AM

Yeh. I seriously doubt she's not messaging guys. Instead of pouting you need to decide if this is a relationship you wanna be in. Have ONE conversation about it. Tell her that her phone use is getting in between you two and you won't live like this. If nothing changes, make the changes for her.

Redpillbrigade17 • 1 point • 16 October, 2018 03:35 PM

Sext her when you see that and you have nothing better to do: "babe you're so hot when you lie on the couch like that. I can't wait to spread those beautiful legs of yours and feel your pussy getting wet when I squeeze your ass etc. etc"