

# Sub-Communication With The Wife

October 24, 2019 | 25 upvotes | by [AnyHead](#)

---

I've been focusing on the idea of Frame lately, and how frames interact during conversations or disputes. Obviously, the process of unplugging involves [working through the phases](#), which hopefully most of us have read about. We begin to STFU in response to shit tests. As we build this necessary detachment from the emotional states of others, we can find ourselves [effortlessly using AA and AM](#). <-- (This post lays out the natural STFU-to-AA progression very nicely.)

These strategies allow us to [stop DEERing](#). Here's one of my favorite lines from this foundational text (bolding mine):

By committing the sin of explaining yourself to a woman, you instantly throw her into the role of authority. **You give her the sub-communicative position of approving or disapproving your decision**, and squander your credibility.

This is the definition of [Operating in Her Frame](#). This quote resonates so deeply because a lot of us feel like we've known this all along, but never saw it stated plainly. But it got me wondering... are there other ways that we might be giving away this "sub-communicative position" of authority?

In my own marriage, I have noticed my wife's tendency to obliviously drop throwaway remarks into interactions that hint at the expression of a power dynamic, or her being in the position of approving/disapproving decisions, without any kind of shit test being involved whatsoever. An example:

Me: Hey, I'm going to the pharmacy to pick up [our son]'s prescription. Be back in a bit.

Her: Okay, that's fine.

*As if I was asking for, or needing her sign-off on this.* Another example:

Me: \*sits down on the couch, grabs the TV remote\*

Her: \*just now walking into the room, playing on her phone\* You can change it to whatever, I don't care.

*As if I needed her approval, or as if she was even paying attention to the TV in the first place.*

I usually A&A these moments with an over the top mocking and sarcastic, "Oh, thank you very much for your permission!" But it makes me think there must be other ways this kind of sub-communication is happening that I haven't noticed before. She is strongly Type A, so it may simply be her default method of communicating with everyone. But it could also be an indication of where she believes the power lies in our relationship, whether that's real or imagined.

Has anyone else experienced this? If so, how did you deal with it?

EDIT: to be clear, these moments don't bother, perturb, or otherwise have any effect on my actions or emotional state. These are just observations, and I'm simply curious about sub-communicative behavior in these sorts of power-exchange relationships.

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

Hornyonion • 14 points • 24 October, 2019 08:09 PM

Actually your observation is spot on. Women look at things purely from their perspective. They never look at the big picture. It is as if everything has to do with them, even things that are not related to them or simply are random.

So your wife's default mode when entering the room is not that you continuously made a decision for that channel. It is "how am I affected from this?" or "what is my opinion/action to be taken?". Subsequently, she needs to somehow show that she is "in control" of the situation, so she kind of gives you permission to do what you already have been doing.

Stemming from that subconscious need to always be in control and from the fact that every woman is the leading actor in her life film, you can explain other behaviors as well:

1) Women are terrible at driving. In order to behave appropriately when driving you need to place yourself in the greater scheme of things. You are part of a system and every part of the system (the cars around you, pedestrians, traffic lights etc) move with you. They don't move according to what you do but they have their own purpose. Women do not take all this in consideration. So they might say "I wanted to turn so I turned. The other car should have seen me". Or "I got scared by this fast approaching car so I slowed down". Again, no thought about the greater context.

2) Women are terrible at arranging group activities. In order to do that you need to combine the schedules of different people and possibly make compromises about the time, location or activity to be done. But they don't want that because that means you partly give away control. So you have the case where some girl friends say that they would like to arrange something as a group but it NEVER gets organized.

3) As a man, women expect you to have an opinion about EVERYTHING. Even for things that are not important. If you don't, then you "lack initiative, you are plain vanilla etc". Having opinion means influencing decisions which means more control of our surrounding environment. For them it is natural, for us it is a learned activity. And of course, an answer such as "that's fine" is not enough.

AnyHead[S] • 1 point • 24 October, 2019 09:08 PM

Thanks for this, looking at this stuff with female solipsism in mind helps me piece a lot of these concepts together.

mrpintraining 1 points 24 October, 2019 06:14 PM **[recovered]**

My wife does that stuff (also very Type A). I just reply "I know." Her favorite: "it's your decision" which is almost like her giving me permission to make the decision. Again I just say "I know." Honestly you made me realize that she always hands me the remote now when I walk in, that never used to happen. She's much more submissive in her actions than she's ever been and that's all that really matters.

AnyHead[S] • 3 points • 24 October, 2019 06:41 PM

Her favorite: "it's your decision" which is almost like her giving me permission to make the decision.

Oh for sure. "I'll let you pick." And your standard reply is great, sounds like you've had success on the nonverbal front.

kendallb183 • 2 points • 24 October, 2019 09:34 PM

That's my go-to is just being cocky funny and saying yeah I know with a half cocked smile. Works everytime.

BobbyPeru • 5 points • 24 October, 2019 06:49 PM

Oh, thank you very much for your permission!"

Nope. You give too many fucks. I wish there was a book about giving less fucks

Goobergus\_Gubbins • 1 point • 28 October, 2019 06:34 PM

There is. Mark mansen.

BobbyPeru • 2 points • 28 October, 2019 07:08 PM

I forgot to use the sarcasm font

2ndal • 4 points • 24 October, 2019 06:38 PM

someone else only has the power you give them

in being perturbed by her way of communicating, you are giving her the power to affect your emotions with her words (also called losing frame)

this can be solved by not giving her the power to affect your emotions with her words (also called having frame)

practically speaking we call this "not giving a fuck" around these parts

importantly: "not giving a fuck" does not equal "getting fucking mad about it but pretending you're not" it means letting her words and actions slide off you like hot butter on a warm dick and going about your marry way

ChokingDownRP • 12 points • 24 October, 2019 06:03 PM

"that's fine" is just something people say. If you don't like that she says it, you either need to exit her frame (if this bothers you, you're clearly in her frame) or AA/AM, but go way over the top with "thank you your majesty for allowing me this excursion, perhaps when I return, I shall tap thy royal ass m'lady" smack her ass, curtsy out the door and don't give her comments a second thought.

Either way, you care too fucking much about this

AnyHead[S] • 5 points • 24 October, 2019 06:34 PM\*

Appreciate the response. I could definitely be overanalyzing here. But to reiterate - I just recently began noticing it, and that's likely because I've been in the weeds of sidebar material which is designed to draw newbies' attention to this kind of stuff. Not some kind of long-running issue for me.

And I appreciate the AA example, which is an extended version of what I've been doing. But I'm wondering how putting **even more effort** into my AA is a way to stop caring "too fucking much" about "just something people say." Still, I enjoyed the visual.

ChokingDownRP • 1 point • 25 October, 2019 02:04 AM

See so\_woke\_the\_wookie's response below. In my example, I would be having fun for my own sake, she's not affecting how I feel, I laugh at the thought of a high value man like me possibly needing anyone's permission. It's absurd.

In your response, you're mad at her, you probably say it with a shitty tone that lets her know that her words...the words of a woman have you rattled and feeling defensive.

It's not what's said, it's who says it and how it's said that matters.

AnyHead[S] • 1 point • 25 October, 2019 02:05 PM

Sure, I definitely get your point. Tone and expressions obviously doesn't come across via posting like this, (and you have no reason to take my word for it and instead assume that I obviously convey butthurt-edness) but my response is that of sarcastic humor that gets a giggle out of her. It's clear for a split second she's thinking, "oh! yeah... that was kinda silly of me."

Meanwhile I'm already out the door or whatever. It's not any kind of hangup for me. I'm just interested in talking about what, if any, psychology may be at play.

so\_woke\_da\_wookie • 3 points • 24 October, 2019 07:27 PM

Haha, love it. It's amazing how the absurdity of your reply clears away the butthurt that leaks in OP's:

"Oh, thank you very much for your permission!"

FoxShitNasty83 • 4 points • 24 October, 2019 06:23 PM

Bonus points for use of ye old English

HornsOfApathy • 1 point • 24 October, 2019 06:49 PM

And a fedora, m'lady.

SBIII • 5 points • 24 October, 2019 06:36 PM

Give less fucks about what she says / doesn't say / communicates / doesn't communicate.

The only question you should have about your wife is "when is the last time she begged me for my cock?".

The rest is just fluff.

Decent post for this sub though. Have an upvote.

Balls\_Wellington\_ • 2 points • 24 October, 2019 07:17 PM

My wife does this too. I'll say something like "I'll be in the garage" and she goes "yeah, go ahead."

Honestly it is probably a holdover from my previous beta behavior. It's also something I don't worry about.

Sepean • 2 points • 24 October, 2019 09:19 PM

Use those weapons too, man. Apply your frame. I judge her all the time, throw subtle negs, use disqualification. It's game 101.

Then you get stuff like "have I been good enough or will you spank me?" instead.

hack3ge • 3 points • 25 October, 2019 12:34 AM

I was just looking back at our conversations the other day from like 16 months ago and fuck it's scary to see the shit I wrote to you. You told me the same shit and I just couldn't believe it.

The concept of my wife begging me to fuck her face when she wouldn't even want me to touch her wasn't even something I could fathom and yet here we are.

Fuck man it was a trip.

Sepean • 1 point • 25 October, 2019 07:48 AM

Yeah, for the new guys, and the guys half-assing it, the way girls react when you really amp up the alpha, it seems unreal.

throwawaybpdnpd • 2 points • 25 October, 2019 01:57 AM

Don't pay attention to what she says, watch what she does instead

CarelessBowler5 • 1 point • 24 October, 2019 06:19 PM

AA.

"Oh, good. Can I get the permission slip?"

"Any channel I want? Which one is Playboy on these days."

Cheeky grin. Eye contact. Let her connect the dots.

arm\_candy • 2 points • 24 October, 2019 07:31 PM

The first sounds butthurt. The second sounds pathetic.

Your really shouldn't care about this crap, but if you're going to AA, do it better than this.

baldymcgee919 • 3 points • 24 October, 2019 10:20 PM

The tone and speed of what you're saying dictates whether it sounds butthurt or not. If it's rushed and high pitched it makes you sound like a bitch, low toned and condescending is what you're aiming for.

arm\_candy • 1 point • 24 October, 2019 10:51 PM

So worst case you sound like a butthurt bitch and best case you sound like a butthurt asshole.

If AA makes you sound like a condescending prick, you're doing it wrong.

NightFire45 • 1 point • 25 October, 2019 05:07 PM

This...these are all passive aggressive.

so\_woke\_da\_wookie • 1 point • 24 October, 2019 07:33 PM

I'm gonna go with u/ChokingDownRP as the template here. I'd drop something like your:

"Oh, good. Can I get the permission slip?"

But, when I do it it feels off. Too fast. Kinda knee jerkish. The longer form and theatre of CDR's reply means you have to sit in the pocket and demo IDGAF and wit at the same time. There shorter ones are better than going mute and I use them but I know what and why I am aiming for now.

arm\_candy • 2 points • 24 October, 2019 07:43 PM

I think going mute is preferable to these short "AA" responses. Why do you care if she "gives permission" for something you were going to do anyway? Bothering to retort at all is more likely to sound annoyed/butthurt than anything. *Especially* if you're doing it every time.

so\_woke\_da\_wookie • 1 point • 24 October, 2019 10:24 PM

Solid point.

yes\_kid • 1 point • 24 October, 2019 11:31 PM

I'm experiencing this right now.