

# Dating Advice Q&A: Is He Hiding Something When He Turns His Phone Off?



*Question from Charlie S.: I've noticed that my boyfriend turns his phone off at random times – during a lunch date in the middle of the week, during a Sunday night football game, etc. Should I be worried that he's hiding something from me? What's the best way to ask him about it?*

If that moment when he locks his phone and slides it in his pocket is unsettling, leave it up to the relationship experts who have [dating advice](#) that may provide some comfort.

## Dating Advice: Is He Hiding Something?

[Suzanne K. Oshima, Matchmaker](#): Try not to jump to negative conclusions about your boyfriend turning off his phone. Did you ever think that maybe he just wants to enjoy watching the game or lunch without constant interruptions with phone calls and texts from people? Believe it or not, there are some people who aren't as attached to their phone and need it on 24/7. So, unless you're seeing any other red flags or have any other relationship problems that seem like he's hiding something from you, then I highly recommend giving your boyfriend the benefit of the doubt. Because a sure fire way to kill a great relationship is to accuse him of doing something he's not.

**Related Link:** [Relationship Advice: How and Where to Meet Men](#)

[Paige Wyatt, Reality TV Star](#): When your guy is turning off his phone at random times it most likely means he'd like to unplug and enjoy his time without a phone buzzing in his pocket. If he is turning off his phone during dates or quality time with you it means he wants to be with you without distraction, and that is great! If he was hiding something from you, he would be turning his phone off around you all of the time, not randomly!

**Related Link:** [Dating Advice: Is Spring the Time For a New Fling?](#)

[Robert Manni, Guy's Guy](#): I suggest asking yourself why you believe your boyfriend's turning off his phone is a problem or a sign he is attempting to hide something. Many women would be thrilled if their boyfriend shut his phone off when he's with them. That usually means he is paying attention and more available for conversation. You may have trust issues with your boyfriend and believe his turning his phone off is to shield himself from other women contacting him when he's with you. If so, my dating advice is to simply ask him why he turns his phone off. How you gauge his answer will either assuage your concerns or bring the issue to the surface. You be the judge. Good luck.

*To find out more about our three dating and technology gurus, click [here](#).*

*If you have any questions you would like answered by our relationship experts, please e-mail them to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com).*

**What's your best piece of dating advice when it comes to your partner turning off his phone? Share in the comments below!**