



“TALK IT OUT, IF THE OTHER PERSON IS READY FOR IT AND FACE IT HEAD ON IF YOU NEED CLARITY AND WHY THEY'RE BEHAVING THE WAY THEY ARE. IF THINGS ARE NOT COMFORTABLE WITH YOU, LETTING GO OF THAT PERSON IS MORE IMPORTANT FOR YOUR MENTAL HEALTH AS CHANCES ARE THEY WILL INDULGE IN ROACHING IN THE FUTURE TOO.” — RAVI MITTAL, Founder and CEO, QuackQuack

Roaching is a dating trend you must recognise and avoid

Is your partner lying to you constantly about their schedule and timelines? Are they non-committal and keeping you away from introducing you to friends and family? These are some classic signs of roaching.

BINDU GOPAL RAO

Roaching is when a person is simultaneously seeing/dating/sleeping with different people. Roaches are more into casual dating and are commonly active on dating apps to make connections easily with as many people as they can. Priyanka Ghura & Tanisha Kanani, founders, Not so Arranged explain, “roaching is not considered cheating as it often occurs before two people have DTR’ed (defined the relationship), but that doesn’t mean it isn’t any less hurtful or off-putting. If your partner is secretive, won’t commit to plans too easily or is weirdly protective about their phone — it could be a sign that you are being roached. If the person isn’t present or available for you, it could be a red flag.” Roaching is a manipulative behavior.

your where someone tries to keep their options open by dating multiple people at once or keeping in contact with exes. “If you think your partner is roaching, talk to them about it directly. Discuss your concerns and explain how this behaviour is making you feel. If they are unwilling to listen or change their behaviour, then you may need to consider ending the relationship,” says Dr Chandni Tugnait, Psychotherapist, Life Coach, Founder & Director, Gateway of Healing.

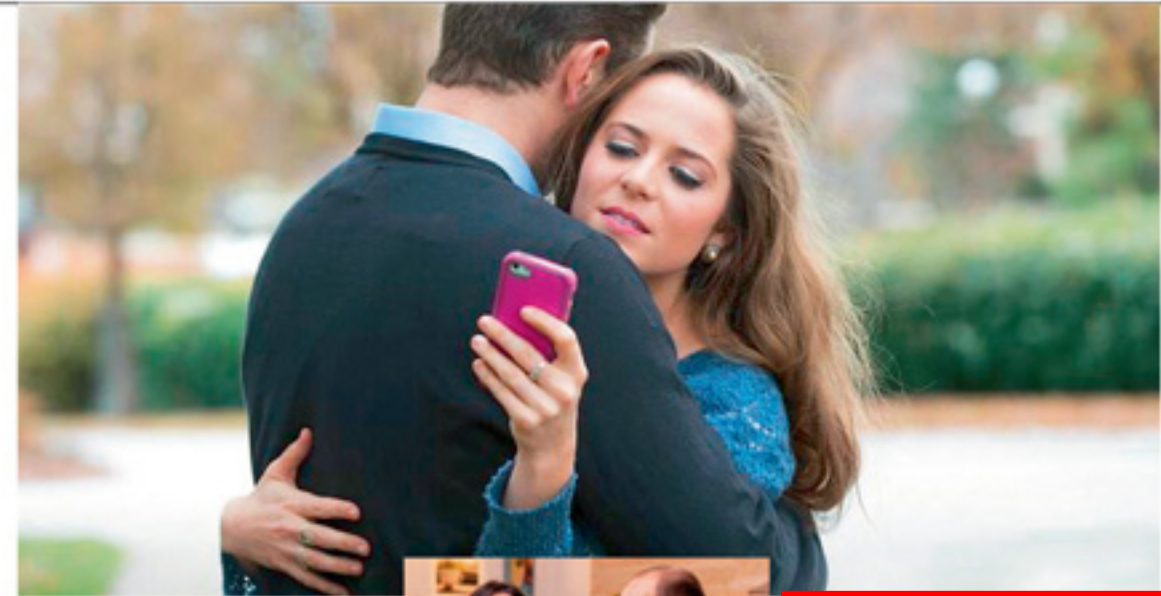
KNOW THE SIGNS

Roaching is a new concept in India, especially with people having access to others at the click of a button, it gets convenient. Being elusive, lying about one’s whereabouts, lack of

WATCH OUT

- You notice your partner is spending more time on their phone or on social media.
- Your partner starts talking to you less and seems distant.
- You notice your partner is dressing differently or taking more care of their appearance.
- Your partner starts going out more without you or making excuses to be away from you.
- You feel like your partner is hiding something from you or being secretive.

commitments in a relationship, not taking your relationship seriously, keeping passwords on phone or WhatsApp, not being transparent are some common symptoms that something is not right in a relationship and could potentially indicate you are being roached. Vamsee Krishna, Founder HappilyEver, says, “To check if you are a vic-



(Above) One of the partners isn't very committed.

(Left) The woman confronts the man after checking his phone

tim of roaching ask your partner casually what their opinion is about open relationships. Usually their eyes glitter at this question. Once they answer it, ask in a non-confrontational way if your partner is roaching. If the partner isn’t looking into your eyes and breathing patterns seem to change rapidly when answering it, the partner is most probably roaching.”

If someone is roaching you, they won’t share any personal details about themselves or introduce you to their family and friends. Also, they avoid talks about the future and have commitment issues. “If there is a mismatch in relationship goals, you and your partner should leave each other. There is nothing wrong in leaving such relationships which are toxic. People who do roaching do not have a clarity in their life and need quick simple methods of gratification,” says Motivational Speaker Anamika Yaduvanshi.

HANDLING THE SITUATION

First ask yourself if you prefer to be in an open polyamory relationship or in a committed closed relationship. Open poly isn’t the same as roaching. It is where all partners are open to each other about what is going on and there is a lot of communication happening regularly.



Once you figure where you stand, have an honest conversation with an open mind about what your concerns seem to be with your partner’s behaviour.

BE IN CONTROL



Dr Malini Saba

The disgusting aspect of roaching is its concealment. A roacher will be secretive about their actions, leaving you feeling like a fool when you realise that you’re not the only person they’re dating. “Do not attempt to explore the ‘whys and hows’ of it. It will just make you feel worse, and it will be considerably more challenging to end the connection. Exiting a relationship, particularly after

being roached, can be detrimental to one’s mental health. Make an appointment with a counsellor, talk to someone you trust, and keep yourself busy,” advises Dr Malini Saba, Psychologist and Founder & Chairman, Anannke Foundation.



Navel Nazareth

Navel Nazareth, Editor-in-Chief, Closeted Stance, an online informative platform for the LGBT Community adds, “This has existed in the LGBT for generations now. In the era of casuals and open dating, it is easy to form a habit of being sexually active with multiple partners and specially in the LGBT Community as it is quite rare to find someone for a serious relationship. There are many risks involved with people who practice this as they will be more prone to being a victim of STDs. While this has many physical implications one that needs to be discussed the most is the sense of cheating with someone you are in a committed relationship with.”



“TO CHECK IF YOU ARE A VICTIM OF ROACHING ASK YOUR PARTNER CASUALLY WHAT THEIR OPINION IS ABOUT OPEN RELATIONSHIPS. USUALLY THEIR EYES GLITTER AT THIS QUESTION. ONCE THEY ANSWER IT, ASK IN A NON-CONFRONTATIONAL WAY IF YOUR PARTNER IS ROACHING. IF THE PARTNER ISN’T LOOKING INTO YOUR EYES AND BREATHING PATTERNS SEEM TO CHANGE RAPIDLY WHEN ANSWERING IT, THE PARTNER IS MOST PROBABLY ROACHING.” VAMSEE KRISHNA, Founder HappilyEver



“IF THERE IS A MISMATCH IN RELATIONSHIP GOALS, YOU AND YOUR PARTNER SHOULD LEAVE EACH OTHER. THERE IS NOTHING WRONG IN LEAVING SUCH RELATIONSHIPS WHICH ARE TOXIC. PEOPLE WHO DO ROACHING DO NOT HAVE A CLARITY IN THEIR LIFE AND NEED QUICK SIMPLE METHODS OF GRATIFICATION.” ANAMIKA YADUVANSHI, Motivational Speaker

Priyanka Ghura & Tanisha Kanani