

SHAPE

Published on *Shape Magazine* (<http://www.shape.com>)

Home > Why You Should Date Multiple People

By [1] **Alanna Nuñez**

Follow @alannaknunez

[2]



Everyone knows that dating is hard. Dating multiple people at once? Takes some major skill! But that doesn't mean there's anything wrong with spending Monday night with Matt, Tuesday with Tom, and Wednesday with Will.

While it's long been accepted that men "play the field," it's not something that seems to be talked about as much by women. However, "rotations allow you to date other people at the same time, giving you some perspective on the dating process," relationship expert April Masini told Refinery29 [3]. "Rotations give you the opportunity to not close doors on people who may be great for you. People who get involved too quickly shut out others because they don't rotate dates. While they're serial dating, they're losing out on opportunities to date other great people."

Another expert, Tina B. Tessina, Ph.D., agrees, saying that dating several men at once can help you zero in on how different men relate to you, which can open your eyes to what you *really* want in a guy.

This type of dating isn't for everyone, though, and it can get messy fast, so communication is key. And as with any relationship, it's important to check in mentally and determine whether the pros of what you're doing and how you're feeling outweigh the cons. Over at Refinery29, the editors have put together a guide with stories from real women who share their tips on how to figure out if a dating rotation is right for you, plus tips to help you get really good at all that juggling. Get it, girl! [Click here for the full story [3]]

Topics: [dating advice](#) [4]

RELATED ARTICLES