

Confidently Cherished Episode 147: Bumble's Fumble and why Celibacy is the Answer

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So in case you haven't heard the news lately, Bumble is run by idiots. So the dating app that was once known for women's empowerment and allowing women to make the first move in dating decided to rebrand with a campaign that is incredibly tone deaf.

If you've been on TikTok or Instagram lately, you have probably seen the billboards. And the billboards were put, I believe in Los Angeles, and they say, you know, full well that celibacy is not the answer. And then another billboard that just says celibacy is not the answer, because apparently Bumble thinks that the answer to dating app numbers being down. So there are fewer downloads. These app companies are making less money than they did before, and they have fewer overall users. They think that the answer to that is telling women because one of these billboards features just a woman. Um, they think the answer is telling women to sleep around and not be intentional with their bodies.

So I don't wanna completely talk about Bumble. I think that that is something for another episode, but I do want to talk about the thing that this billboard raised, and that's the idea that sometimes celibacy is the answer. Hello, welcome to Confidently Cherished. My name is Keisha Rice. I am a dating coach and hypnotherapist. I help ambitious women learn how to heal from their unhealthy relationship patterns and to create satisfying, loving, cherish healthy relationships. So let's talk about this idea of celibacy. And I wanna talk about five reasons why it may be the answer for you. But before I get into that, I just wanna make something clear. I think honestly, that the best thing a woman can do for herself is to practice abstinence. I think that that abstinence should be for a long period of time. You know, I grew up Christian, I studied religion in college, and there's a reason why most faiths, most spiritual texts talk about waiting until marriage and being very intentional about who you give your body to. Now, again, talking about things that should be for another episode, because I think diving into this would be a very long discussion. I'm not going to

Spend too much time on that, but I did wanna hammer that point home because it really applies to these reasons for being celibate for maybe a shorter period of time for those who aren't waiting until marriage. But these things apply even more when you're deciding to be abstinent. And also, I just wanna make it clear for, as you listen to the

rest of this, you know, everyone's sexual journey is different. And when I work with clients, you know, we discuss those things about how you feel about sex, how you feel about waiting or not waiting, having it or not having it, um, what your plans are for that. So whether you are abstinent, celibate, or you are currently sexually active, all of these points that I make apply, I'm choosing to talk about celibacy because of the bumble billboard. And I think these reasons that I give you hone in on just how tone deaf it is and how even if you were practicing celibacy, um, you could still be on a dating app and enjoy being on a dating app. But these are the things that I want you to consider when you think about

Sex and being intentional about having it or not having it. So number one, celibacy can be a reset for you. So if you are in a period where you were in a relationship that was sexual, um, so maybe you were married and now you are unfortunately widowed, or maybe you were married and you were divorced, maybe you were in a serious relationship for a long time that was sexual, and now you are single again and you are back out in the dating world, this can be a good period for you to reset. You know, again, growing up in church,

I went to a church that fasted every year in January, and there would be different fast announce each year. Like our, our most common was, uh, fasting from midnight to four during the week. And one of the reasons why I believed our pastor did that at the beginning of every year was because it was a reset. So fasting for spiritual reasons, not intermittent fasting, when you know people do that for health reasons or lose weight, but when you fast for spiritual reasons, the idea behind it is to hone your discipline so that you can deal with the temptations of the world better, right? It is about renewing your relationship with God because you know you're not as focused on things like food <laugh>. Um, and oftentimes fast can also include fasting from other things as well, say tv, electronics, you name it.

It is about giving yourself some time to reset your mind. And even when we fast for, uh, food and dieting and health reasons, it's the same concept. The idea behind intermittent fasting is to give your body a reset to not eat long enough for your body to digest everything that's already in your stomach, um, so that your body's not producing so much, uh, glucose and insulin to better regulate your blood sugar and in turn help you with losing weight and also possibly help with inflammation and things like that. You know, there's still a lot of research medically on intermittent fasting and all the benefits, but that's the basic concept. So deciding when a relationship ends that do you wanna be celibate as you decide what you want in relationships as you date, as you get into new relationships, is really just a good time to reset and, and really think about your attitudes towards sex and what relation, what, what position it plays in your

relationships. That brings me to number two. Celibacy is a time for you to really work on evaluating your standards.

Everything when it comes to relationships should have barriers to entry to you. You should not allow people, whether that's in romantic relationships or even your other relationships, your friendships, uh, your relationships at work to have such easy access to you. So when it talk, when it comes to dating and romantic relationships, specifically, you need to decide what is the barrier to entry to allow someone to kiss you, to, um, allow sex, to allow all the physical things in between. And when I say what's the barrier to entry, does that mean would you allow a kiss on the first date? Or does there need to be a certain number of dates before that's okay with you? Um, how well do you need to know someone? Is there a time period? And these things are very personal, you know, in a podcast with, you know, hundreds of listeners, maybe thousands of listeners at this point, I have to check my stats, but you know, with a large number of listeners, I can't individually tell you what your barrier should be. You know, that's something that I work with my clients on when, when we do one-on-one work. But you need to have them, you need to have them in place.

The best way to be in a health relationship is to enter all of your relationships with intention and not intention to get married. You know, dating should not be a marriage bus situation. Dating is a chance for you to find out what you like and don't like to really hone your standards to really know what your boundaries are, because you can say you have certain boundaries, but until you get into the relationships, you really won't know what's important to you, what's not important to you. It's, it's kind of a trial and error thing, but this is your opportunity to get clear on those things and to understand that sometimes dating someone does not end in a relationship. Sometimes it does not end in a marriage, but it brings you a step closer to that. The third thing is developing discipline. So this goes back to also 0.1 and it being, uh, celibacy being a reset. But you know, I have worked with women who, for them in their previous relationships, sex was the only form of affection they received. And because of that, they felt that every relationship needed to include sex and needed to include it early on because they assume that physical intimacy was the only type of intimacy, which is not, there are so many ways to be intimate with a person while your clothes are still on.

But if that's the past history you've had with relationships, then it can be hard to break that habit. You know, back to again, my church fasting and other religious groups, fasting, you know, not just Christians, but you know, Muslims have Ramadan, for example. Fasting is very common throughout spiritual faith-based communities. Um, and part of it is developing discipline, being able to say no to something. So if you were

in a position where you were once sexually active and now you're making the decision to be celibate and to abstain for a period of time, part of this is you developing your sexual discipline and also developing your mental discipline. And also talking back to point number two about barriers to entry is learning how to, you know, again, be more picky, be more choosy about who has access to you and what type of access they get. So 0.4 is that having this period of celibacy allows you to work on expressing your boundaries. Because if you are making the decision to abstain from sex, whatever the time period is, whether that is permanently, um, or you know, until you get married or until you are in what you consider to be a permanent committed relationship, or whether this is something that you're doing for a year, two years, six months, whatever the time period may be,

At some point in a relationship, you and the person you're with are gonna discuss this. And this is a time for you to practice being firm with how you feel about that, being able to express why this is so important to you. And yes, coming from the perspective of average straight women who dated, you know, heterosexual men and who's now married to a man, there are some men. You tell them that you are practicing celibacy, you're practicing abstinence. There are some men who are totally respectful of that. Um, there are some men who will push back. And I'm not saying that all the men who push back are bad men. Some of them are yes, but they're bad men no matter what the situation is. There are some men who will push back. But if you are firm with your boundaries, if you explain how important it is to you and key words here, they care about you enough and like you enough, they will respect that. It's just a matter of you, again, being able to stand firm in those beliefs.

And finally, my fifth reason for why a period of celibacy is so important is choosing to be celibate. Choosing to abstain allows you to really explore your own sexuality and sensuality. Too often when it comes to sexual relationships, women are male centered. They are too focused on what it is that the man wants, how to make the man happy, how to please the man, all of that. And I'm not saying that your partner's wants and needs and desires aren't important because they are. But you have to look out for yourself first. You have to take care of yourself, your body, your mind, your needs first. And that means getting really clear on what it is that you want, what you like, and what you don't like. When it comes to sex in particular, first of all, you need to understand there's a difference between sexuality and sensuality.

Sensuality is taking pleasure in the senses. So that can be any of your five senses, taste, smell, touch, hearing, sight, any of them. And part of developing that is learning how to take pleasure in those things in a nonsexual way, especially touch being able to

really enjoy nonsexual touch, whether that is from a partner or whether it is from the things in life, like enjoying the feel of a silk shirt on your skin. Um, those things are important. Learning to find pleasure in those things just makes life better. It puts you more in touch with your feminine energy. Um, it is really, truly important, and you need that sense of sensuality before you can really dive into your sexuality. So if you are in a position where you're waiting until a marriage and you've never had sex, being able to really dive into, again, enjoying things like non-sexual touch is important because it will help you to be not as tempted, um, not feel as pressured into having sex. Now, if you are celibate after being in a sexual relationship, then back to my first point about evaluating. This is your time to evaluate not just emotionally, mentally what you did and didn't like in previous relationships, but sexually as well. What did you enjoy and not enjoy? Um, were there times where you were with someone who pressured you into doing something that made you feel uncomfortable?

Knowing what you know now, having grown from that experience, how would you handle that situation in the future? How would you talk about that to a future partner? One who truly cared about you and wanted to hear about your history so that they could treat you better? What are things, what are the things that you need to discuss as far as sexuality goes before you commit to a person? What are the things that you would want to discuss with them once you are committed or after you're married to a person? You need to have these, you need to have time to have these conversations with yourself. And the best time to have these conversations about sex and how you feel about it and how you would treat situations going forward in the future is when you're not in that situation, when you're not in a relationship, when you're not dating someone.

And that person may be bringing this up and that person may be pressuring you for answers. You want to have the time to think through it when you're on your own in a clear headed way. So again, these are my five reasons for why sometimes celibacy is the answer. And why if you are not planning to be permanently celibate or abstine, having these periods in your life can be very helpful. So let me know what you think. As always, I am on social media at Keshia Rice, K-E-S-H-I-A-R-I-C-E on Instagram, TikTok and YouTube, uh, on Instagram. Send me a take a screenshot of this episode and post it to your stories and let me know what you think. I'll talk to you soon. Love you. Bye.

Hey there. So you made it all the way to the end of the episode, which means I have two things to say. One, thank you so much. I truly appreciate it. And two, you like me, you really like me. So I would appreciate it if you would show that like by subscribing to this podcast so that more people can hear about it and enjoy it as much as you do. And if you want to know more about any of the links that I mentioned on this episode or any

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K-E-S-H-I-A-R-I-C-E.com/links. I can't wait to talk to you again in the next episode. So
see you then.