



## Boysober: Membawa Kebahagiaan Dalam Kesucian

### Description

Comedian and storyteller Hope Woodard organized an event in Brooklyn where she showcased a concept she calls “boysober” – a term she uses to refer to a year-long break from sex and dating. The event, meant to shed light on the challenges of celibacy, gathered a crowd of mostly 20-somethings who were entertained by storytelling and comedy.

#### A New Perspective on Celibacy

Hope Woodard, 27, initiated the term “boysober” to describe her experience. With nearly half a million followers on social media, Woodard successfully organized a sold-out show where she recounted her dating experiences and shared the motivation behind her celibacy journey.

#### Breaking Generational Patterns

Woodard also addressed the significance of breaking unhealthy relationship patterns passed down from generation to generation during the event. She highlighted the importance of empowering women and normalizing disengagement from seeking male attention.

#### Personal Experiences and Insights

The audience included women and non-binary individuals who resonated with Woodard’s experiences and reasons for choosing celibacy. Stories from attendees, which included instances where taking breaks from men led to profound realizations, showcased the emotional and mental benefits of celibacy.

#### The Rising Trend of Celibacy

Attendee Catie Kobland, mentioned that going celibate has become “this year’s hottest mental health craze”. This sentiment reflected the changing perception of celibacy among young individuals, particularly those who have had unsatisfactory dating experiences.

## Empowerment and Self-Ownership

For Woodard and others, the yearlong break from sex and romance represents a journey toward discovering self-ownership and the ability to say no. It is also a way to address frustrations and complexities that often accompany modern-day dating, and it indicates empowerment and self-discovery.

In a society where dating is often perceived as a necessity, the concept of “boysober” is increasingly gaining traction as a means of self-empowerment and mental well-being. Through shared experiences and discussions, Hope Woodard and her audience have created a safe space to promote healthy conversations around celibacy and the importance of rediscovering personal autonomy.

## Ringkasan

Sebuah pertemuan kelompok di Brooklyn membahas topik yang telah menjadi sorotan di ruang agama selama berabad-abad: selibasi. Namun, kali ini, mereka menggunakan istilah “boysober.” Dalam acara tersebut, pembicara Hope Woodard menjelaskan bahwa “boysober” merujuk pada keputusan untuk menjauh dari hubungan romantis dengan gender apapun. Dalam pertunjukan komedi bulanan, Hope dan komedian lainnya bercerita tentang cerita lucu seputar hubungan dan dating. Demikian pula, Hope berbagi pengalaman pribadinya dan keputusannya untuk mengambil tahun jauh dari hubungan dan seks. Bagaimana tanggapan Anda tentang topik “boysober” dan selibasi? Have you ever considered taking a break from romantic relationships and sex? Bagikan pengalaman Anda di komentar di bawah!

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