

## Colton Underwood

Hi guys Before we get into the episode I just wanted to give you guys a trigger warning that this episode does contain references to suicidal ideation and attempt take care of yourself Daddies I love you Enjoy What is up Daddy Gang It is your founding father Alex Cooper with Daddy Gang There is a lot of controversy surrounding this week's guest I was debating should I even have this person on the show And my initial reaction was I am going to put this person in the hot seat because he made a lot of borderline unacceptable mistakes Our guest this week is Colton Underwood All you may know about him at this point is he was the bachelor dating 20 plus women at one time trying to find his future wife on reality television and that whole time he was hiding a secret so big that he planned to die protecting it Colton left the bachelor with a serious girlfriend who he intended to marry but his story took a twisted turn when they broke up and he broke down she filed a restraining order against him Someone tried to blackmail him and threatened to reveal his secret And Colton hit rock bottom and tried to take his own life when Colton woke up from that failed suicide attempt he knew it was time to face his true identity Colton Underwood is gay and this is the very complicated and controversial story of his coming out daddy gang I urge you to listen to this episode with an open mind Maybe you'll hate this dude and you have no interest in why he made the decisions he made or after hearing more of the story than just the headlines and articles that you've read you may be able to relate to him on some level that is for you to decide Colton Underwood Welcome to Call her Daddy I'm excited to be here before watching your show I'm gonna be honest I had my preconceived notions I read shit in the media I watched you on The Bachelor but watching your documentary docuseries are you calling it docuseries It's just a series a series to anyone that hasn't watched it yet Can you give a little bit of like the premise and like why you decided to do this Well I mean I went back and forth whether I was going to do it this way or not mainly because I obviously had a lot of anxiety coming off of the shows that I did But when I really sat and thought about you know my life and what really got me hating myself hating my actions hating like just really the situation that I was in It was because of all of these things that happened in my past and I never had somebody to look at to be like oh wait this is what I'm going through So I think eventually that's sort of why I documented basically my coming out walking through you know my upbringing in the church and then playing

football all of these really masculine toxic masculine situations that pretty much just shoved me in the closet for a long time And I brought a lot of that on myself in no way shape or form was this process to shift blame or focus I take ownership where I feel like it's important But I also am asking and calling on two communities that really have a lot of growing to do and are sort of the last in our society to really have acceptance And that's the church and sports in the beginning you start you're coming out and you're coming out to your family and your friends And during that process I noticed that a lot of times one of the first questions someone would ask you once you came out to them was when did you know and your response was always like about six years old six years old I started to know what happened when you were six that made you start to like realize like I'm more interested in men I think so At six I knew I was different if I wasn't like the other kids or I wasn't like the other boys in my class and I couldn't really fully process it until high school to really understand that Like hey I'm attracted to men and to to other you know guys Um so I don't think there was like one specific thing when I was six It's so hard hard but yet so simple to explain because like just like you know you're straight I sort of just knew something was different but I couldn't really be that because like you said I went to Catholic grade school too Boys were supposed to be into girls and girls were supposed to be into boys And that's God's word supposedly And there was all these signals from such a young age that honestly and I wasn't like this last year when I was first coming out but I've had now a year under my belt to really sit and figure out why But I feel like I was almost reprogrammed in those circumstances that I grew up in to really sort of try to rewire me and it just didn't work Well that's what I remember watching the dock when you were like my brother didn't have to come out You don't have to come out So why should someone else have to come out And that's something I think hopefully like a series like yours is going to start to try to normalize like it shouldn't be this or there should be everyone or no one What when you're talking about when you're younger Like was there something that prevented you from openly talking about this Oh yeah I mean you know the Catholic church you know you go to confession I went to confession once a week and you're taught from such a young age that homosexuality is a sin and you know masturbation is a sin All of these all of these things that you know you're you're awkward anyway when you're that age and trying to figure out like you know the first time you get a boner or like you're turned on or you're like what is going on here with my body But you don't really have the space to explore it It sounds silly But

like I just remember like being turned on by boys and by other guys So I didn't know how to process it that young That's why I said it didn't really fully hit me until high school but I just knew that there was something different with me at that age And so you made a decision openly You were open saying like I'm a I'm a virgin And do you think that that was half and half of like because you were raised Catholic and also because you were drawn towards men or like was it just fully one or the other I think I was just scared to go to that next step with you know a woman or you know at the time a man because I was like wait you know I I don't want to get myself into this if I'm gay but also I don't want to act on being gay because I'm scared of the repercussions in my work life I mean you know at the time there was no other other gay football players and in college I I had a very good career and I didn't want to be a distraction to the team and coaches and other players in the locker room weren't very uh friendly I say I say I think in the show too I was like the locker room is extremely homophobic but it's also very homo erotic where it's like slapping the ass you know commenting on each other's dicks and then all of a sudden being called a fag and queer and all these derogatory that you're like wait hold on and especially for someone in the closet you're like this is really messed up Can you explain to me like what was like young Colton's experience in that locker room and like navigating it hiding I mean I would I would wouldn't shower after practice because I was afraid of getting turned on in the locker room or in in the shower And I mean I never really was attracted to anybody who I played with or coaches So I like it's sort of silly to even say that but I wanted to avoid any chance of being outed So I would not shower and with the rest of the team I would leave I would change in a corner or change in a stall There was just a lot of things that I sort of did differently than other players because I felt like I had to because I just I didn't want questions to start being asked you know I ate drank and slept and played football Like that was pretty much it And I would not party I slept through my own house parties in college And it's because I was afraid that if I got drunk I would be gay Like it was literally that simple But I didn't tell people that I was you know I'm more focused on my career right now That's sort of how I leaned into it I could never explain to the Bachelor fans like why I was a virgin I never can give a good enough reason because I wasn't I am a man of faith but I'm not a man of faith to that level where it's like hey I'm you know and I think people could read through that a little bit but I never wanted to give them an excuse to call me gay then because that's the next thing when you hear someone's a

virgin it's oh because they're gay or maybe they're questioning things and it's like I can't be the Bachelor and sit in front of Americans say I'm struggling with my sexuality like that There's not that type of space for that audience and for that position and I knew that that's why I signed up for it Well that was what I like We're going to get into that whole concept of being on reality TV making a decision to go in front of everyone But let's go back to what was your first like sexual experience in high school Um Well I had a girlfriend and it was a stereotypical captain of the football team captain the cheerleading squad and she put her hands down my pants I had a boner and like I was excited about it But also I just remember when it happened it felt so wrong and it wasn't wrong in the fact of like you're sinning or you're doing something and it's like this is not what you're into Like why like what is happening Why are you doing this almost all that And the next day then I sort of went and broke up with her and then rumors went around the high school that I was gay because someone you know touched my dick And then it was it was that moment though that I was like ok I either have to stop dating women and putting myself in this position or I have to come out and figure this out So I just avoided it from there Pretty much there on out What did you like Did you say anything to people that were like oh like you're gay Like why did you break up with her Like did you combat it at all I really couldn't because they were like I was just it just wasn't right And I just I wasn't feeling it like that was sort of my go to when you came out Like did anyone have one of those moments that they were like you know what like we did kind of know like was there any family members or friends or was it like such a secret that you that no one had any inclination Only two people and one happened on camera with Cassidy and then the other one was my nana And she's like the moment I heard that you were coming home with cameras again I knew what it was about and I was like oh my gosh you're like fuck I should have had you on the show Did you consider we filmed with her It just there was some stuff with my Illinois family that honestly and I'm glad that I left them out to protect you know they didn't they didn't sign up for a whole lot A lot of people didn't And that's like to credit everyone who participated in this show Like to give them an opportunity to sit with that type of thing I tip my hat That was one of the big things for me is like I'm really about to put a lot of people in my life in an uncomfortable position The big moment was like we were all waiting to see like what was your dad's reaction going to be And I'm sure so many kids like would wish that their parent would act exactly how your father did Like it was like his support for

you and him going to New York with you and being there for you and oh my God I remember the moment where he was like I will tell people if you're getting sick of telling people like I will be the one Like how did that feel Like when he said that I got goosebumps because I played that conversation out in my mind millions of times throughout my life And you know there was a version of like I love you I'm always going to love you I'm going to support you I thought that was the best If you would ask me going into the question what is the greatest reaction But then he took it to the next level which I never would have expected in a million years a father who is a proud conservative Republican like he has no problem with me saying that that was the moment where I was like holy crap Like this is this is amazing You know my message to people now that I've actually had a year of sitting with it is like you have to give people a chance you have to give people an opportunity And you know he said that too He was like I just wish you would have trusted me with this earlier and you have regrets But then also you you it's like a I don't want to contradict myself because I was like I want to live my life and will I mess up Yes Will I make mistakes Yes Do I have regrets Of course I can do a million things better And that's one of them that you know looking back it would have been nice to maybe give him a chance earlier in my life to be there and support me and love me But I think he stepped up majorly when it counted back to the locker room you discuss how the locker room can be one of the most ho erotic and homophobic settings Can you explain that concept and those terms Yes So I guess like the best example for me to use and this is like a legit real example you know I'd be sitting in my locker and a guy would walk by and get ready and go to the shower and comment on another's guy's penis size you know and or just be like dang that's big or you know stuff like that or say like oh you like comment on a nice ass and that's why I'm saying it's a little homo erotic or they talk about you know the their sex lives very proudly or you know publicly and in your sort of in your face And then within seconds if you stare at the dick too long it's what are you doing fag like all of a sudden the the flip switches where there's like an appropriate time that you can look But if you take it one second too too long you all of a sudden are gay and it was super confusing because I'm sitting here like wait maybe other men especially in this locker room are questioning or struggling with their sexuality too And then as soon as that flicker of hope for me it flipped to slurs and homophobia and I'm like oh ok never mind It's just me Did you make those comments as well No I stayed completely away from that I kept my eyes locked on eyes at all times

and I played it I played it very safe because I just didn't want to give anybody a reason to come at me It really was a mind Fuck you never talk to anyone about it No I I honestly I probably had people in my life that I could have trusted but I didn't trust anybody or lean on anybody Was there ever a moment in high school that you considered opening up to anyone High school No college not really even college either My thought process was always the next stage of my life So it's like in high school I didn't want to lose my scholarship And then in college I didn't want to lose a shot at being able to go pro I didn't want to be a distraction And then once pro I didn't want to lose my job And then after that I had a lot going on and I wasn't sure what I wanted to do with my life And then I signed up for The Bachelor And then after that I didn't want to lose trust I didn't want to lose So it was just always my thought process was always going on to How is this going to affect me in my future How do you define internalized homophobia Mm For me it was not giving myself any space to explore my feminine side It was not me giving myself any space to really experiment or emotionally connect with men I say that because you know while I was closeted I did experiment physically But it was and still is even to this day like I still talk to my therapist about this You know I did it just for pleasure you know I did it to get off and then back to my straight life That was sort of how I did things So there was a lot of internalized homophobia and shame after I did hook up with men and sit with it and I was like OK that's wrong Literally prayed and said ok I'm not going to do that again and then you know I'd get horny two weeks later and it's it was a cycle Um but that's like the type of homophobia that I was sort of I sort of grew up in and around and that's all that I really knew So that's like when Gus Gus called me out in one of the first he's like that's just internalized homophobia And I was like oh wait you're right I am internally homophobic against myself and it I'm still I will say this I'm still shaking and catching myself at times I still have some homophobia internalized homophobia in me Little hitch is here and there where I'm like wait and how can you not Colton Like you literally lived trying to suppress a natural feeling that you were having and like hating I'm assuming about yourself being like you said in your um series you're like I was literally praying the gay away Like there were moments where I'm like please like let this be the moment that I can turn straight when you talk about hooking up with guys When was the first time that you had like a experience with a guy sexually when I was 21 and literally on my 21st birthday Um But I will say this like I only hooked up with guys when I was single Like there was never

times when I was in a committed relationship You know and I was not very educated either on risks sexually like with HIV and anything gay I didn't look at So I never even educated myself which I know now to do better And I've learned since coming out about all of that but I want to make that clear too like there you know I didn't when I was growing up and when I was going through all of that I was making sure that I at least was trying to be as respectful not only to myself but whoever I was involved with at the time were you nervous that like picking people specifically So that like what if they told someone You know what I mean Like was it people in college Like how did you did you navigate that Like were you terrified No Well yes I was terrified being the Bachelor because I was like oh my gosh Now my face is plastered everywhere How old were you when you became the bachelor 26 you were like are these guys going to come forward There was a lot of anxiety and sleepless nights and you know I don't I either got lucky or I was very careful and to be honest with you I don't I don't care I'll just tell you But to be honest with you a lot of the men that I hook up with were I think straight in their real life too They were all pretty close in themselves So I don't think there was any man that was going to be coming out to get me because they would be outing themselves as well And it wasn't like a ton of men It was like a few that you know and they never had my real name They never it's how like how sort of scared and secretive It it all was I remember your season I remember I watched it Bachelor Nation and I remember people tweeting being like I don't know if he's a virgin like fuck that Like everyone go find a chick that he's fucked And so it is so fucking terrifying sometimes when you know like people will go to the end of the earth to find your shit And I can only imagine like did the Bachelor people be like is there anything we need need to know before you come on and did you have to look at them and be like no I'm a virgin Like totally I was very very concerned and very worried I did hear a rumor though that one of the producers ended up finding out that I did hook up with the man but kept it secret or took care of it I don't know I I can't verify that I mean obviously that was terrifying too And it's also it was also for me hard because I felt like obviously a lot of shame But then I also felt shame and lying and deceiving But then I couldn't really be honest to work through it with people I mean don't get me wrong I do think if I would have been upfront and honest from the very beginning people would have supported and been ok with it I think some people would have had a lot to say too and the other way around But it's like when you say like be honest it's like that's why I want people to watch your show because it's

like this is something you've been carrying and people can call it a lie But like you've been carrying this part of yourself that you haven't been able to want explore or accept So how the fuck are people going to be judgmental of anyone's process of coming out Like you literally were like you just said internalizing how much you hated a part of yourself that is like everyone sexually That's like our biggest coming of age moment when we're like in our teen years it's like how are we going to explore and the fact that you couldn't actually genuinely explore like that's fucking hard in your new show coming out Col Tim you go and you visit your coach tell me about your coach's response to you going and coming out to your high school coach Well first like the reason I had the conversation with him is because I have so much love and respect for him And I said it in there like he's like a second dad to me why did you love him He was always in my corner and always there for me in the most obvious ways as me as a player me as a you know the growth of me as a human being could he have done better at certain of course he could have And that was sort of what I had to get off my chest to him of saying like it's frustrating because I love you and care for you so much and have so much to thank you for like you helped pay for my college education by allowing me to be such a good football player and having my back and talking to coaches for me But there's also this big part of me that you didn't know that some things that you did and said and allowed your coaching staff and some of the players to say stuck with me And I mean as much as you want to sit there and be like I'm frustrated for you for him It's much bigger than one singular person He is a good man with a good heart And I will always say that about him but this is small town America through and through and this is locker rooms through and through There was an opportunity that I would have loved for him on camera to say hey I'm a coach I affect players and students on a daily basis How can I help shift this narrative And he didn't do that But he did pick up the phone and call me later that night we spent two hours on the phone later that night which is unfortunate No but that is literally like helps clarify And I think that some listen someone that you look at looked up to on camera his reaction was like pretty dull and like a little distant And there was a part of me that also was like looking behind your head in the camera and seeing 60 plus kids on a field and half of them could be gay or struggling with their sexuality And it's like that was such a missed opportunity And I know that's not either of your duty to like you go and talk to these kids but a part of you wanted them to be like let's reintroduce the real Colt and like talk to these kids like that could



really help one of them Like what would you say if you had the chance to like stand in a locker room right now with those kids and be like let me change this culture for you Well it's not going to be one person that changes It's no matter what I said in that locker room I can't change it as one man You know it's a collective effort and it's conversations like this to help explain to people like what I went through like that program and that school hung its hat on me and my name for a while while I was playing there and while I was playing in college and even you know professionally they would you know this is where Colton played like that was said but would they still say that if they knew I was gay That was always my fear And my question I'll share this with you too because it's just happened yesterday My small town is not very happy that I did this They didn't know what it was about and they feel like it's not a great representation and they claim it's gotten better I posted on my Instagram yesterday I had people from Kenya India China Japan International people thanking me and saying the sports culture and the religion culture those episodes really stuck with me And then I'm scrolling through my messages and I see faggot with three clown emojis and I go to visit the kids profile It's a student from my town that goes to my high school and plays on our football team I think I'm sharing that because it's important because people in my town and people in small towns like it's gotten better and we're inclusive I'm in a position where I'm I'm surrounded by love and I'm surrounded by a support system that that does not get to me But I had to put trigger warning before I posted it And then Instagram took it down But I was like how can you message me that and you don't allow me to post this But anyway that affects people words hurt like words keep people in the closet and that's one student that maybe he said that to two or three kids maybe you know to your point out of those 60 kids maybe one or two of them are you know either bisexual trans or gay And maybe if the coaching staff and the captains of the I'm not gonna put it all on the coaching staff but the other teachers I heard it from teachers I heard it from you know big father like figures in in our society and in our town But if they sort of put their foot down and said hey let's not do that It could help it could help because like you're a hot dude and you are white and you are privileged And so it's like the fact that you're using your platform not everyone gets a Netflix series you using your platform and showing people like this is my journey but you're not you're not saying like mine is so so much harder than everyone's it's just shedding light on like yo this is what's happening and like let's start the conversation and keep it going and I'll say this off that because I

see the criticism I know that people are upset that I'm I have white privilege and I got a series after coming out I couldn't imagine what it's like to be someone from an underprivileged area to have to come out and not only risk losing their football but risk losing a house and food and money Those are the real things Are we to a point in society where we can pick and choose and compare traumas I don't think we are yet And that that was never my goal too and I never wanted to compare my trauma to anybody else I just wanted to get my side out there and my story out there to say hey this is what I've been through and if people especially from Bachelor Nation will tune in and listen to me then I feel like I've done my part in starting the conversation and there's so much more I can do so ok we're done with the locker room Let's go on to the Bachelor We're done with the locker room Let's go on to the Bachelor Yes How did you end up on the Bachelorette Well after football I was in a pretty public relationship I got out of that and I was going through a lawsuit with them with one of my former teams about my shoulder and I just made the decision with my doctor that I couldn't play again So I'm like ok well I've been playing this for 17 years literally how I paid my bills And now what And I asked my dad I said hey I just want a year off Like I I feel like I'm in a position I feel like I earn this Like let me just take a year off Don't judge me don't I just want to figure this out I asked for permission if I could take a year off And you know a lot of I'm so glad you said that because a lot of my friends called me out for that because I always have to ask for approval I was like you have to realize I had a coach and multiple coaches that I had to get permission from for the my structure of my day my entire life all the way down to my classes So I always ask for permission And my dad and I as you know from the series like we always more had a coaching relationship than we did father son So yes I asked my dad for permission at age 24 25 at the to take some time off and ended up doing some casting things before you knew it though Like they had me in front of a camera out in L A testing me for all these things So I was like ok and then at the same time though I was like thank God this is my chance I'm gonna hide in plain sight But also this is another way for me to convert myself to be straight And that's truly truly what I felt was like this is great I'm going to end up with a woman from the show now that you've also given us that background of like knowing I was gay but having like sports to be like but I got to go to the next thing I got to go and so it kept prolonging you from maybe like fully leaning in and be like how do I get in tune with self acceptance The fact that then football ends was there any bit of panic or like that's immediate why you ran

to be like all right what's the next thing Because then totally like football ended and I have a college degree but I've never worked a day in my life like an actual job So I was like ok great I'm gonna go do this TV show It's fun Maybe you know something comes from this and I have no problem saying this I loved television It was fun to share It was fun to record Sometimes I go back and forth with everybody who's like because the Bachelor's famous thing is right reasons is he here for the right reasons Nobody on this everybody's here because they want to have a good time And if finding love comes from it then great I think we can all hopefully stop with the smoke and mirrors from that now and just realize like hey we're here to have fun But why does it have to be one or the other as it has progressed like everyone's going on there to get Instagram famous Let's call it what it is like it used to be that like let's go have fun Like I don't know what I'm doing I'm in my twenties for me I got to travel that I'll say this like I did I know it was going to give me Instagram followers Yes Did I do it for that No I think Instagram wasn't even that it Yeah Now I'm saying now it's really Instagram heavy back I feel like for you guys it was fun and like use it Yeah I played football year round So that was my first time on my bachelor season to go to Asia to travel like I did and to have the experience and to be honest with you it was really nice because that was the one thing I missed from football was the melting pot of cultures for me to be on a cast with men from different parts of the country gave me that familiarity that I had from football of being like OK we have this bond but you were so different than me You were born and raised completely different But like that's what I loved and missed from football was the dynamic at all though Like a locker room Like was there any homophobia No honestly no because well one Jason shared early on for my season his brothers were both gay or no I'm sorry his brother was gay just one but is married So I like I think people and people knew that in the house too So I don't think there was even a chance for any you know homophobic things to go around But also I feel like in the entertainment industry more than the sports it's so common A lot of the producers that work on Bachelor are gay There was never any moments in the house but I will say I was a little nervous and scared at times that somebody's would be really good around me and maybe it was and they didn't feel comfortable saying or asking was there ever on your end A feeling of like fuck like I wish I was here to be dating these dudes and not like and then you have this one woman that you're going to date like how did you navigate being literally saturated by men again who are way more accepting than your former

teammate I mean did I find some of the men not on my season attractive but maybe because I'm I was really really good at compartmentalizing like I was so good at telling myself you have a job to do This is what you're here for This is what's happening Like stay focused Did I find some of the like producers attractive Yes Did I find you know obviously I can find people attractive never acted on any of that never did or made advances or moves or anything like that I was so good at compartmentalizing my life and I just knew that obviously I'm here to on a show that is looking for my wife So this is what I have to do I cringe now even looking back at some of like how good I was at manipulating situations and compartmentalizing but I've been doing it since I was six and I don't think you should cringe though Colton because it's how you survived until I almost didn't I mean that's truly it sounds terrible but like that was my survival mechanism all the way to the point of self harm And as I think you know now like how many people in the community are like same So it's like it's something that needs to change socially and culturally rather than you shouldn't feel shame That's literally how so many people have lived So so you're on Bachelorette and I need to understand your mentality of like so you genuinely were like if I am the last one like I'm gonna marry this person and like yeah Uh yes and no I'll never discount my relationships with women because it's true I had feelings and I was attracted to females too I know that's sometimes hard for people to understand or get I think there was always a hesitation for me and I liked the safe play I mean obviously you saw that conversation with too of like I just oh don't get me wrong I would have known in a second I love the idea of a super strong woman who's there to call me on my bullshit But at the same time being a closeted man having to navigate that that also scared the shit out Yeah That didn't work at the time Now you can surround yourself all of them But at the time you're like who's going to just like chill and not be like why are you being weird That's why professionally now my team is literally a bunch of strong badass women and also like they're loving and nurturing and weirdly not catty or competitive or egotistical It's just I'm finding out like the balance of masculine and feminine There's pros and cons to both But at the end of the day uh y'all y'all got the upper hand I'll just say I love it Thank you So you get eliminated and have you talked to Becca Sense Um Not since coming out I to be honest with you I distanced myself from the franchise pretty heavily just because around the city I just went through a lot mentally like my struggles and asked for help from them didn't get it And just there was a lot of bad blood on my end and their end It just it was not a healthy

relationship So I really distanced myself from that franchise completely You get eliminated Did you even know immediately you were going to potentially be the Bachelor I think I had an idea after like paradise just because like there was those conversations of you know the typical entertainment industry of like we need to continue your story Like you can't go from getting broken up with you need to go and talk to now and then from there your story art can go here Like I know there's like this bubble that America wants to think the Bachelor operates in But like let's be real too There's very real moments of course but the entire like you don't walk into like this magical fair Like I obviously hope people understand that But then also like there has to be drama there has to be give and take there And like I think honestly that's sort of why I got the gig is because I was very transparent in my meetings of being like look let's make a good show But at the end of the day like this is what I need and I'm asking from you guys and like that's business That's life too right Everyone can relate to at least this like when you all of a sudden tell a lie and then all of a sudden it's spiraling and you're like wait it wasn't meant to get this big because all of it was like the Virgin Bachelor Spider Web of lies And every time did you read that art like headline of yourself Were you sick Yeah At first I had no choice but to lean into it because that's sort of what the network literally was Marketing me as and then I started getting sick of it and fighting it because no matter what my explanation was like there was there was like after I came out I just wish I would have been like I'm questioning my sexuality Does that does that satisfy your answer of why I'm a virgin Like I didn't want to go there with women because I didn't know if this was in my cards I had prayed and hoped and wished that it would be but I didn't know and there just was not that room and I don't think it would have been well received if I did Yeah I remember watching it and people would always be like so why are you a virgin And you're like I'm Christian and um you know just didn't have time because I was an athlete that was literally one of my answers the whole time And I was like oh my gosh people are actually buying like buying the athlete thing OK So you become the Bachelor Yeah bringing in your head in that moment I ho honestly I was thanking God It sounds so crazy But I remember like when I got the call I I remember I was playing a pickup game of basketball and they called me like hey you are going to be on a plane to New York this afternoon and we're going to announce you tomorrow as a bachelor and on the way home driving home to pack my suitcase I was literally praying and saying thank you Lord for making me straight Like thank you

for giving me this opportunity to find my wife because my whole theory in it is I can get rid of all of these lies in the spider web that I created If I went on and got a fiance it's going to make me a little more straight And then once we get married I'm definitely going to be committed and I'm going to be straight and all these urges to want to be with men are going to go away And then once I have a kid for sure that's game over Like I can't risk losing a family So it was always leveling up leveling up all of my like things that I could lose and risk I thought was going to keep making me more straight It makes sense now like hearing you from start to like I'm playing sports It was like I can't do this because I got to go to college and college to the NFL and then you get into the bachelor world and it's the same thing of like but then I can't find the wife and then I won't be gay and then I'll have kids and then I can't be gay and it's like you're constantly running from something And so it makes sense how you get down this rabbit hole of like hold on What if I ever did want to come out Like what is that It looked almost probably impossible at times and I wanted that I wanted it to be impossible And I think like I mean obviously now I'm so grateful it wasn't but that was it was you're exactly right It was just a different game Like it was same environment just different circumstances during your season I remember people tweeting speculating you were gay Did you ever read those tweets And I remember Karamo actually on Twitter posted something about me being gay and that one hit me the hardest because like oh my gosh he actually has a following and he's calling me out and at the time we had the same stylist So I was like why is he doing this to me Like trying to figure out like what was going on here I think I got defensive I didn't fire anything off to him but I always got frustrated when people called me gay because I was like am I not hiding it well enough You know it was hard on yourself Did you ever have like pr people come to you Like do you want to say something to this or was you just there was I mean towards the end Right Like before I came out there was a couple of things that happened that my and that's sort of how the show even came to be is because of the circumstances of being blackmailed and stuff my team knew and my publicist was the one who actually I told first because he was on a call a podcast that I did And they asked me about the asked me about the uh um and I stumbled with the answer I'm very similar to like what I did with you right there And I got nervous and he was like we need to redo that answer Like is everything OK Because I didn't want to be affirming enough because I didn't want people to come at me But I also wanted to make sure that people knew I was loving and accepting It just was like it was

a I fumbled the answer so bad that my public like that was not a good answer What is going on here You've learned how to act and you've got these two sides to yourself and you know when you need to dip into this one that you've used your whole life which is trying to pretend you're straight and even you saying in a podcast or like I needed to answer when they asked me about the LGBT Q community Not so like yes I love them because they're like oh is he gay or then it's like not be like um well so it's like you had to find this balance That's just like exhausting You're always on you're always like I was always on I was always on edge I was always like looking over my shoulder towards the end of my breaking point I was so paranoid and I was so freaked out and I was so heavily medicated just trying to like keep this thing in the bottle at the time I was 28 years of like the culmination of my lying to get to that point That's something you know the show I left the I left blackmail completely out of the show And just because like I don't want to give whoever that was any power of money What do they want They just had a specific list of demands that were weird to me I just you know weird weirdly enough I'm thankful because I don't know if any of that if I would be sitting here today out if that hadn't started to happen People publicly saw me really not healthy like I was and I can say that I was seeing a psychiatrist and a therapist after my breakup You know once every week both of them I just want to say kudos to you for not allowing someone that's blackmailing you to like it would have been maybe easy to try to be like fuck I just have to go and do everything that they're saying The fact that you found the strength to be like no I'm not gonna I'm not gonna like go towards that and if anything fuck that person one I love that You didn't put it in and two I think it's empowering that you're like actually I'm just going to do it myself You then can't have power over me OK Back to bachelor fantasy sweets OK Did you go in a fantasy suite with Becca No no I got eliminated at four there And then in Paradise T and I joked because the only room like air conditioned on that is the boom boom room So like the boom boom Yeah So I always knew like how that would be edited So I never did that I sacrificed a lot of hours of sleep because I cannot sleep in the hotness or in the heat And then my season I did the one with Tasha Did you not do the two others No I remember So I ended up breaking up with Tasha and Hannah and yeah chose Cassie So so you went into one fantasy suite Can you walk me through Just because we have to do a bachelor in like what were you thinking going into that fantasy suite I didn't want to I had a real conversation with the producers of being like this is I can't do this Like I don't want to there's no part of me and I mean

out of no disrespect to Tasha but I slept in sweatpants and a sweatshirt and I didn't want to be rude but like I was literally I didn't sleep the entire night I did not sleep because I was nervous I mean obviously when you sleep with someone the first time you're nervous you're going to fart or do something weird or silly So I had all those regular normal nerves but then I also had the nerves of like this does not feel right And I was literally like shaking and like sad and just emotional Did you in that moment consider just being like I'm done with all this or were you like I got to stay the course like I have to make it to the end of this Yeah but at the end of the day when I was so good at compartmentalizing things I was so good at saying hey I have a job to get done Like my football program being kicked in and being like get through this You got this Did you say anything to Tasha Like sorry Well I guess again you had been like a virgin but like what do you say in that situation I mean I could have obviously broken every rule but like they tell you this is how it has to happen and like you can't just break up with somebody off camera because then the viewers are going to be like well something happened that night and then the speculation and the drama is there So I was like I don't want to cause any scenes So let's just do you think she knew something was really off Yes Have you heard from her at all No no Ok Can we talk about the infamous wall incident Because it makes a little bit more sense now But like you in this season you're like holy fuck Cassie is leaving and you witness a wall and you're like I'm going to jump over this wall and you ran away from the camera and the crew and everyone what actually was happening in that moment I think it was just me being so frustrated not only with production but myself first and foremost now that I can be completely transparent is like I think there was moments where I'm just like why am I doing this What am I doing It's not working it is working But wait you know I only want her but I have to put this show on and there's just so much going on in those moments And then when she decided to leave I was like what This makes no sense Like I I'm just trying to be straight and like I finally found somebody who piqued my interest I remember you know people's tweets of being like that's problematic Why is he holding on so tight And it's like well if only if only you knew that like this is the only one out of 30 that I thought could change me I went all in and that was that was sort of what led to the quitting the show or running away from the show at the time What was it about Cassie that you thought like this could this person could change me I just I mean just her her in general I mean her our connection our friendship mannerisms everything like that I mean we did you know we did date for a



year and a half after and she's a good a very good person and a good human being And it was you know it was easy like that was the best way It was easy And for me I don't ever want to take this to diminish a relationship but it was also safe that's not a negative in any way shape or form But for me it was a safe place to hide and it was a safe place for me to like slow my role to then keep inching forward of being a little more straight you know Did you have sex I mean I think it's pretty obvious Yeah So that that part I mean obvious but also confusing for me because it's like you know how do I it it makes it very real and hard for me to explain to people of like well you knew you were gay but also you're attracted How is this a thing And I was like have you guys ever heard of like a spectrum and like a scale And I truly firmly believe in that I'm still identified as a gay man but I'm still there's still a part of me that is attracted to women Um I think a lot of people in the world would be like me too And like I don't think you're alone in that And I don't think that's a crazy concept at all Why does it end well COVID I mean the COVID really for me put a lot of things in perspective and I ended up getting it and I was quarantining So the first time since pretty much the show our life slowed down and stopped stopped And I think that was uh for a lot of people you could not run you could not hide you could not distract yourself in any other thing You had to really sit and talk through things and I mean look I'm not going to speculate but I think you know some things were hard and not adding up for her or some things were happening I don't know And it ended were you forcing yourself to like be as sexual as you could be or was it just like you weren't having a lot of sex No honestly none of that was mainly the issue And look she's asked not to be like brought back into the media and stuff So I always want to respect that But at the same time I know I have things that I needed to address and talk about and there's a lot of layers to those things There's a lot of things that are private and I just I mean obviously would give people more of a context of what was going on but are not really appropriate for me to share So I try to do my best right now balancing of like staying and can I say this like she has every right to do that like she has every right to say I no longer want to be you have no access to this I'm shutting it off I'm drawing boundaries because I've learned boundaries this year too And uh that's it's way healthier So like I'm trying my hardest right now to give respect and the boundary that she asked for and do that But at the same time like I mean I obviously see the media I see the reports I see like the the words associated with me and it's like it's hard at times to have to swallow and just be like OK she deserves her privacy and

you fucked up And so you want to like without talking about her like you deserve to be able to like make sense of what you did Was it the last episode in your new show coming out Colton you meet with a mutual friend of yours and Cassie it was a pretty heated conversation and I thought it was powerful because as a gay man he was like listen I get it like you are you were doing anything to keep your secret But what you did to her is so fucked up walk me through that moment on the show Like how did you feel when he was confronting you I mean I took it in and listened and I think that was like sort of the first time that I was like OK I need to hear this out because I know I have my side and I know I have I but my side is what got me into this trouble in the first place Um So just listening to him sort of talk and be like look as another gay man We all have our road to this and like I I get it But also you have to realize like this is not OK either So I just sat there and listened and I like if I took anything from this show it's to listen more And since coming out I obviously don't have to overcompensate anymore I don't have to have the most to say in a room or like to hide in plain sight Like I can just really take things in and slow down and stop having to distract myself And that is peace Have you talked to Cassie since your Netflix special There are people who are critical of what you've done and there are people probably listening who are not even going to watch the Netflix series because they're like fuck him I don't agree with what he's done I don't agree how he handled things They're probably saying he knew he was gay all along manipulating women He was coming out as a way to deflect from the restraining order XYZ What would you like to say to the people right now that are listening that are having a hard time separating the harassment and you're coming out as gay Well I would say that there was a lot that went into that version of myself And since coming out I in no way shape or form I'm trying to make people look the other way or forget about anything I will own my mistakes and I'll own who I was at that time in my life And I think that's important for people to hear is like me doing the show was never to flip the page or start a new chapter It was for me to say like and to show like I fucked up I made mistakes I did and I will always own those But there are so many layers to this that got me to this position and I will own what I have to own But also there's other people and other things going on who I'm asking for help from two Because if I got myself into this position and got to a point where I was self harming where I was you know harassing and hurting other people I can't be alone that this has to be going on in other parts of our country and our world So I think that is what I would say is like give it an opportunity to

peek through my lens and my mistakes in my life to try to find something that you might relate to in yours It doesn't have to be coming out You can be going through something similar where you are really mean to somebody that does not deserve it but you're projecting or you are overcompensating or you're just not dealing with a specific trauma that you've had to go through in your life and it doesn't make it right or wrong It just makes you human And I know that I'm a public figure and I know that I've been on people's television screens for multiple things over the last two or three years But I also hold a responsibility for a platform and a privilege that I have to try to do right Not only to my past communities but to my future ones and to the communities that I belong to now So that's I guess what I'm trying to say is we're human beings we're complex we're good and bad at times and it's what we do and how we grow from there that you know makes us human What was your lowest point Was there a specific moment where you felt like this is rock bottom Uh Yeah I think the morning that I woke up that I didn't think I was gonna wake up I I had never had anything like that happen Like I've gone through depression and anxiety and had suicidal thoughts of like you know driving in the mountains in Colorado if my car goes over this cliff and I never thought anything of those you know of those thoughts all of a sudden this weekend in which I was getting through it wasn't really eating I was just taking Xanax and I was like what what what why am I leaving Living And that's sort of the moment that I woke up with vomit next to me on my bathroom floor was the moment where I was like this is not good or ok and I need help and that was sort of the game changer for me and sort of the step a step in the direction of recovering Um But to even get to that point you know there was a lot of private things that I was dealing with obviously emotionally and mentally but also just like career wise of you know some things happening behind the scenes that nobody will ever understand or know And it's not anything I want to revisit either That's why it's like hard when you see these headlines or what people have to say It's like that stage of my life was so dark and so really traumatic as far as like how it got me there But I also know that I I'm not the only one that's been there before There's people that are that are there now and there's people that are going to get there But if they can know it gets better then there's hope Had you been abusing Xanax and stuff And then that was like a big day that like then you just took it too far Like did you want to kill yourself Um I mean yeah that's why I took what I thought I was taking enough and I didn't or I just my body didn't react to it Like I it was going to I don't know I mean I was prescribed it

to deal with social anxiety because I I had that from the show and I was in therapy but I never I never really came out to a therapist I never really trusted anybody with it So there was just a lot that built up to that but I found comfort in numbing myself And the best way for me to say it is like Xanax to me put me in a different world Like it allowed me to sort of have this out of body experience of like ok you're fine like you're good The fact that you said you didn't even feel comfortable coming out to a therapist The paranoia Well I was paranoid I live in Hollywood And do you know how much money a therapist or somebody a source could make and sell it to like that And I don't want to say poor me because I put myself in that position We're talking about that web You say one you know that one lie and then you take your career to the next level and all of a sudden now you have to worry about this person selling it to TMZ or whatever for you know 1000 they can make so much money off of that And I knew that because I I understand the business and it scared me You said I never thought I was going to come out I thought I was going to die with this secret When was the moment you realized I'm coming out Who I mean I could tell you exactly where I was When I first came out to my first person I was walking on my driveway or my grandma's driveway back in Illinois and my publicist called me And I mean he had a lot of different pieces to the puzzle as far as you know being on the call with the podcast He had a copy of the blackmail emails and he just asked me the question and I just remember sort of like breaking down and pausing for like a good 45 seconds and he point blank was just like I think I know what's going on Like are you gay And like it was in that moment that I said yes for the first time And then from there you know I feel like it felt so good and like he comforted and was like everything's going to be ok we're gonna be fine We're going to get through this And then you know from there on out with everything that was going on behind the scenes the rest of my team had to know too So with every person that I came out to and the love and support that I got from my professional team sort of gave gave me this build up of this momentum because I you know I've also read a lot of stories and messages from people saying you know I came out to my friends before I came out to my family And that's very common because they want to test the waters and stuff like that And I can truly say like coming out to my professional team before my family gave me confidence and sort of get like allowed me to really feel good in doing it Were either of your parents or even just whoever and you ended up telling on the series were any of them afterwards Like frustrated to have that private moment made public I don't

know if I would say frustrated My dad my dad's been quoted already I think he said it to the New York Times He was like great dad thanks He just doesn't come from this world So he doesn't really fully understand it And he was like would I have wanted it to be off camera Sure Absolutely He sort of put me in a weird position which I think we could all be like yeah And I was like yeah I agree with you but also you're a champ Thank you for allowing me this space And you know my mom does not like cameras but I think that it all go and my brother hates cameras too So but I think that all goes to show you how much love and support I have and it's not lost on me Like these people in my life that joined me on this really were doing it because they loved and supported me because they saw what I went through after my falling out of the spotlight and TV and sort of what I went through and I think that they knew they needed to step up and be there for me and they were did the internet and public opinion Rob this moment from you A lot of it was like this is a publicity stunt Like he's just doing this to cut How did that feel I mean as much as people can be skeptic go about this The show leaking was not like I didn't want to announce a show until we were done like until like until Netflix or whoever wanted to announce it So it getting leaked I feel like was the main negative feedback of people like this is apr stunt He's just doing this because he has a show and it's like that was never supposed to happen But when you said on Good Morning America like I'm gay and then people like I remember reading tweets of people being like fuck this Like I don't even know if they were saying like no he's not But I know some people were like this is so fucking fake Like you're trying to divert the attention How did that make you feel after you've had this secret And you're like finally relinquishing control of it and you're saying it out loud and then people are like nah fuck you I mean I I understand where they were coming from because they only know me what they they only know me or of me from what they've seen of me which I'll go on record and say like the ABC version of me isn't me There's definitely parts of me like it wasn't acting or anything like that but like who that was was not a comfortable version of myself I have obviously some sympathy for those people who are like OK like is there anything you see online that people like make fun of you for on your season that you're like I know I'm cringing to like was there anything you did that You're like why did I do that shit I mean the easy one for me is like the virgin storyline that got sort of ramped up and taken out of my hands and they ran with it That one is a little cringy I mean obviously just being the Bach Bachelor in general now after coming out I'm like why did I put myself

through that But also I don't know if I'd be here if I didn't do that So it's like I can't even play those games But you know look I'm in a position of my life now I have nothing I've carried shame for being gay for so long that I don't really get embarrass I don't really like look at things and be like oh of course I could have said things better I could have done things better I have things in my life and positions that I would love to take back and redo But I don't get to a point where I'm just like I just like it is what it is at this point You have to you just have to own it at this point I know you mentioned you saw a therapist and a psychiatrist prior to coming out after the event surrounding your relationship with Cassie What were the main lessons about yourself that you learned from that experience Oh just to be more honest with myself of how I'm feeling and what I'm going through I think I thought I was protecting myself by telling myself I was going to be ok or you know this is normal and it's like it's not normal to have social anxiety To the point where it cripples you or depression to where you know I was taking Lexapro for a long time too and it had gnarly side effects for me But having time to just reflect and show myself some forgiveness and some leeway instead of being so hard on myself And you know maybe that comes from me playing sports too I don't know there's a lot of trauma that I'm like unpacking in this last year where I'm like oh wait that has to do with that And that's been these big moments in my therapy sessions where my therapist is great and he's drawn these lines and he goes well no this and I'm like oh you say that so casually but you just blew my mind at 29 when you that was the scene when you were in Nashville and your friends were throwing you like a coming out party You had said that you were like in like a little uncomfortable being in a room full of gay men Like can you explain that a little bit Well because I never had to be in a room full of gay men before as me I've never really had a conversation in which the other man knew I was gay and knew I was Colton Underwood So it's like really my first time of being vulnerable in the space of having to be hit on or having to you know make a flirtatious comment and really being comfortable and I was not I was very uncomfortable Now if I go back and have that same environment I would be that scene would read completely different Trust me And I'm still I'm still in the process of this too of like what part of me do I bring in to this new version of myself And what part do I leave in the past Like what was healthy and what makes me feel good and what doesn't so still going through that you have a boyfriend How did you two meet We were in the same friend group and I was not looking for a boyfriend at all because I was just like I want to take some time and it

was more of a friendship than it was anything at the beginning How has this relationship been different emotionally than the ones that you've had with women It's been healthier for sure if there's been no hitch as far as like uh you know with women I would always look for a way out or try to find an escape plan or I was planning everything out Like next step This we need to be engaged by this week We need to be you know hopefully have kids by this year and it that's true Yeah That's truly how my relationship with this one I feel like I have like a best friend and I'm just we just compliment each other's lives and we're just hanging like it sounds so casual but we're just hanging out We're having a good time There's no pressure There's been moments where I've done something in front of him and then like I look and you can see he's like first I was like oh my God he's going to say something like he's going to break up with me and he was like I love that part of you And I was like what he goes America doesn't know that you're like like this And I was like I know but like that's the whole purpose of us having a relationship is because you get to see me like this and nobody else does yet How crazy is that when you so you're almost like rediscovering a new yourself I have permission to do like things that I've never had permission to do in my life Like give me an example Well just like be outwardly I don't I just I never could give any cues away Like that's why like Cassidy I made a you know a comment when we were going in for the hug I was like now you know all my weirdness in high school and she's about the only one who I've really felt like I can entirely be myself around pretty much my entire life because she's always given me permission to be goofy and weird and feminine It was never allowed in my social circles of the past So like having those moments and you know he he said something to me that actually meant a lot He goes like you are the perfect balance of masculine and feminine that I've ever seen And he's like he's like for me like I never knew that you would Have you had this in you And I was like oh it was pretty cool to hear that And he's been out for a long time so it's a really good balance for me you know he's older right Yeah And and he would be like like he's defensive very defensive and protective of me And he's like well you need to say this and I was like that might be true to you But I've been out for like a little over a year now and publicly not even for like seven months or eight months What I don't even remember what month I came out publicly I was like I don't know that yet Like you are so well articulate and so well composed but you've also been out for 20 years you know So and what is it so nice to have a partner though that has that experience so that you like it's kind of like you're on

training wheels right now and you're like you have someone to also be that rock because because he also checks me on a lot of things where he has helped also with that internalized homophobia too where he's like wait that's ok I was like oh it is Yeah You know so it's it's a really healthy balance Has your family met him Everyone deserves to feel fully themselves when they are in love But first you got to love yourself and like I know that's probably still a journey you're working on But to know that it started for you what would you say to anyone struggling right now with self acceptance It doesn't even need to be sexuality just like this shame and guilt feeling and and having a hard time like what would you say now with your experience in this journey Oh gosh my limited experience with this But I think for me it's giving yourself permission to explore and that goes way beyond just sexuality that just it goes beyond with like really truly sitting with what makes you feel good because I got into the position that I got into because I was doing things that weren't fulfilling and making me happy and it turned me into a miserable person And then I projected that on other people And that is like the biggest takeaway that I've had from this last year of you know I had a little bit I'm not gonna lie I have a friend purge of like you do not make me feel good I do not enjoy hanging out with you but I kept doing it for whatever reason No I'm not I don't want to hang out and coming out that gave me more and more confidence So like giving yourself permission to say no giving yourself to permission to say yes to some things that have been scaring you That would be my advice to anyone is just like having that that gives you freedom and happiness Colton Underwood Thank you Thank you Yeah OK Daddy Gang It's your father We're alone Let's get comfy cozy here Let's let's have a let's have a post interview conversation I'm sure you you go you're all in your fields Everyone's feeling something different right now Let's kind of do a little debrief So it's common knowledge that Colton couldn't discuss some of the details around the legal stuff which was not ideal for the interview because trust me I wanted to ask But this interview shed some light on his why Colton has to live with what he did to his ex-girlfriend and his pain does not justify the harassment This woman shouldn't have had to go through any of this Colton was living a lie and he chose her to complete this heteronormative storyline that he pledged his life to He spun a web of lies to conceal his true sexuality But to say that the homophobia in our society didn't contribute to his behavior would be wrong Colton is taking accountability for his actions but the people still operating on the belief that love can only exist between a man and a woman need to wake the fuck up



and realize that homophobia is unacceptable and that their shitty beliefs affect more than just their shitty fucking selves And that's big picture But when it comes to Colton Daddy Gang I guess that's for you to decide I'll see you fuckers next Wednesday