

# Colton Underwood

<https://silosolo.com/941602>

## Summary

This episode contains references to suicidal ideation and attempt. The guest is Colton Underwood, who came out as gay after breaking up with his serious girlfriend. He documented his journey and experiences in a series. Colton felt reprogrammed and struggled with his identity due to his upbringing in the Catholic Church. He was scared to act on being gay due to fears of repercussion in his personal and professional life. The locker room environment in sports was homophobic but also homoerotic. Colton hid his true identity in the locker room by not showering with the team.

## Silo sample questions

- What is the trigger warning for this episode?
- Who is the guest in this episode?
- What is Colton Underwood's journey and experience discussed in this episode?
- How did Colton's upbringing in the Catholic Church affect his identity?
- Why was Colton scared to act on being gay?

## Topics

Suicidal ideation and attempt

Colton Underwood's journey and coming out

Upbringing in the Catholic Church

Fear of repercussion in personal and professional life

Homophobia and homoeroticism in the locker room

## Key Takeaways

- The episode contains references to suicidal ideation and attempt.
- The guest is Colton Underwood, who was previously on The Bachelor.
- Colton Underwood came out as gay after breaking up with his serious girlfriend.
- He documented his journey and experiences in a series.
- He felt reprogrammed and struggled with his identity due to his upbringing in the Catholic Church.

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