

Hi everyone. I wanted to come on here and take a moment to talk about some things that I said in an interview I did last year and in TikToks that were posted about my journey as a gay man, specifically in the years 2010 – 2012. During that time, I was going through almost every major life change one can go through. It was the most chaotic and busiest time of my life so far – professionally, personally – and I was living on my own for the first time in a new city, working nonstop on very little sleep, and navigating being on television every week and in the public eye for the first time – and it all started when I came out in March 2010. Coincidentally, the day I came out I was also offered my first consistent working job as an actor. It was a very challenging and extremely confusing time for me spiritually, emotionally, and mentally. So much so that when talking about that time in my life, I have remembered some things incorrectly and unknowingly made inaccurate statements that I'd like to clear up.

Starting in April 2010, just a month after I came out, I began what was presented to me as reparative therapy. You may have heard me sharing about my experience with conversion therapy. I wanted to start off by saying at the time, “conversion therapy” wasn't a phrase that I ever heard or was ever used when talking about the therapy I went to – it was reparative therapy. I mentioned this before but wanted to reiterate that I was over 18 at the time and consented to the therapy that I received. Any mention of me being “sent” to therapy is technically incorrect since I was a legal adult and signed consent forms.

Also any mention by me of electro-shock therapy or painful electric shocks was incorrect. I believed I had held metal rods during a procedure. What I actually held were plastic and produced bilateral vibrations to my hands through small plastic vibrating motors. It was something called a “tac/scan” device, and it is a form of traumatic memory reprocessing through EMDR therapy.

I also mentioned being told to apologize to my family for the way I was born. While I did feel inclined to call my family after one session to apologize for being born gay, that was not something that I was forced to do by the therapist. I was also never asked to do “math equations.” I was shown a textbook that mapped

out “SSA,” which is “Same Sex Attraction,” and it laid out situations that could lead to SSA and theories about why it occurs, and how it looked in the actual book, to me, was reminiscent of something like a scientific theory or yes, math equations, but it was incorrect of me to say I was told to do math.

I also got the timeline incorrect of when I attended therapy. The truth is I was there starting April 12th, 2010, took five months off for work, and then returned to therapy until February 6th, 2012. As I mentioned previously, that time was probably the busiest period of my life so I did get that timeline of when I attended therapy incorrect.

Finally, I’d like to publicly apologize for a comment I made in the interview I did about the therapist’s father. It was delivered as a joke but not only was it not funny, it was thoughtless, careless, rude and uncalled for. I’m sorry for any and all pain it caused. Thank you for taking the time to watch and listen. I appreciate your understanding and forgiveness. In having distance from those years and processing it, it’s still an extremely confusing and painful time to reflect on and any processing of that time that I continue to do, I will be doing privately. Thank you so much for watching.”