

For too long I have tried to live a life that wasn't completely true, where I cleaved off an important part of myself in order to maintain what I thought was happiness and normalcy in the other part. I was lying myself, to my family who gave me nothing but unconditional love, and to others, causing a great deal of pain to all.

The truth is that I'm gay. And that I have a wife and two kids who I love. My inability to reconcile those two truths has led to this agonizing place.

To the men I made uncomfortable through my messages that I viewed as consensual mutual conversations at the time: I am truly sorry. They were inappropriate and it was because of my failings that this discomfort was brought on you.

I have the most beautiful, loving and courageous family who I deceived all these years. I don't deserve you. But I love you with all of my heart and I'm so sorry that you have to suffer for my mistakes.

To my many friends and colleagues, I'm sorry that I let you down.

While I am taking full responsibility for the inappropriate messages and conversations, I want to state clearly that the other smears being leveled at me by Donald Trump's enablers as a way to get back at the Lincoln Project for our principled stand for democracy are categorically false and outrageous.

I took a medical leave of absence from the Lincoln Project last summer and will not be returning to the organization, even after I fully recover. The project's defense of the Republic and fight for democracy is vital.

I hope that by telling this truth at long last my family and I can move forward. I plan to continue the unfinished fight for liberty, justice and human rights for all that has been my life's work.