

ABC's *Good Morning America*

02/16/26

8:01:37 a.m. [TEASE]

14 seconds

MARY BRUCE: Plus *American Idol* alum David Archuleta talks about his new memoir. And get this — we showed him a throwback clip of him on *GMA* long before his idol days. It got quite a reaction.

MICHAEL STRAHAN: Wow. There he is. A little kid at some point we all were, I guess.

(....)

8:07:13 a.m. [TEASE]

7 seconds

[ON-SCREEN HEADLINE: 8:20: David Archuleta's New Memoir]

BRUCE: Plus *American Idol* alum David Archuleta talks about how — his new memoir and — and how he had to lose his faith to find himself.

(....)

8:20:44 a.m.

4 minutes and 35 seconds

[ON-SCREEN HEADLINE: Former *American Idol* Star David Archuleta Talks New Memoir]

BRUCE: Now to former *American Idol* contestant David Archuleta and his revealing new memoir *Devout* about growing up in the Mormon Church and how he learned to accept himself and embrace his sexuality. Steve Osunsami spoke to Archuleta and he's joining us from Atlanta now with more. Hey Steve, good morning.

STEVE OSUNSAMI: Good morning to you, Mary. This new book is as much a memoir as it is a story about healing and survival. David Archuleta has been very open about his life under the spotlight and also admitting to the fact that his struggles with sexuality and faith once led him to consider taking his own life. He tells us that the person who he's learned to care about the most is himself.

DAVID ARCHULETA [SINGING *GLORIOUS*]: We don't stay here

OSUNSAMI: Singer David Archuleta says he started writing his new book after one of his concerts when he was approached by a gay fan who reminded him of his younger self, a young man who was Mormon and who was struggling to come out to his family.

ARCHULETA: And I asked him, I said, are you having suicidal thoughts? And he said, I have been for the last month. I think that's when I was like, okay, at this — this is a story that could help someone choose to — to still live their life.

OSUNSAM: In his new memoir *Devout*, the now 35-year-old shares his journey from his childhood in the Mormon Church to his teenage years on *American Idol* to his recent exit from the church after revealing to the world that he is now dating men.

ARCHULETA: I was so devout to my religion. I was so devout to the authority figures in my life. I was constantly seeking their approval.

OSUNSAM: One of those people was his father, who in his book says would belittle him and who had a reputation around Hollywood as a difficult stage dad. [TO ARCHULETA] How hard was it for you to write about your father's role in all of this?

ARCHULETA: It was difficult because I — I think I've looked at him so often as, like, a threat to my peace. I was still seeing things through the eyes of my younger self, and the way that I'd coped and, like, moved on from it was simply just cutting it off, blocking it out, even though I'm in my mid-thirties now. I — I would revert back to being a child and being afraid like I was as a kid. I'm like, why — why is — why is this happening?

OSUNSAM: At the same time, he says it was his same father who changed his life, surprising him with tickets to the finale of the first season of *American Idol* and encouraging him to sing here right after the show in front of cameras from *Good Morning America*. He was just 11 years old.

ARCHULETA: Oh my gosh, that's so funny. It helped spark a dream in me. And I think that's where it was helpful to have my dad say, yes you can, even though I hated him for it, and we butt heads so much, and I was afraid of him.

OSUNSAM: His father told *People* magazine that "I love my son with all my heart" and doesn't believe he was abusive, saying that "I've never felt like that was the case...I think a lot of times intention can be misinterpreted."

ARCHULETA: I was angry at myself, I was angry at my dad, but I feel like I channeled that into a healthy way to say no more. Enough. And when I came out, all he said was, David, I'm proud of you and keep it, keep doing what you're doing. It — it meant so much. Like, it was healing for me.

OSUNSAM: Archuleta has shared his journey of personal discovery with us over the years. [TO ARCHULETA] What's your relationship with the Mormon Church right now?

ARCHULETA: I don't consider myself religious now because if that's what you say God is, then I don't want that. But I believe that there's something divine and something universal that connects all of us together. That's why I wrote this book, that's why I sing, because I wanted to

connect to everything around me.

OSUNSAMI: For so many years, he says the Mormon Church put him on a pedestal. He says all that began to change when he began to realize who he really is. He says he's willing to continue conversations with the Church if indeed the goal is to bring more of God's children into the fold. His new book *Devout* comes out tomorrow, guys.

BRUCE: Such a powerful and important message —

GINGER ZEE: Mmhmm.

STRAHAN: Yeah.

ZEE: Huge story to help.

BRUCE: — for — for so many who may be struggling as well. Yeah, yeah, thank you, Steve.