# Lucy Spraggan opens up on sobriety, weight loss, and LGBTQ+ visibility since The X Factor



Lucy Spraggan has become a compelling voice for LGBTQ+ representation in the media, particularly as she reflects on her journey since gaining fame on The X Factor in 2012. As the first openly lesbian contestant on the show, Lucy embodies a pivotal moment in a landscape that continues to evolve regarding sexual identity and visibility. In a recent exclusive interview, she recounted how a shift in public perception coincided with her personal transformation, both physically and emotionally.

Lucy, now 33, has candidly addressed her weight loss, which saw her shed over three-and-a-half stone, attributing this significant change to a lifestyle overhaul initiated by her decision to get sober in 2020. In her words, "I lost the weight because I stopped drinking," a choice that brought about a cascade of lifestyle alterations. During this transformation, she focused on exercise—running specifically—and found not just physical changes but also mental clarity that she described as "getting high elsewhere" without resorting to substances. This journey brought her to a new place within herself, one she embraces with enthusiasm and honesty. With plans to become a qualified personal trainer and open a community gym, she aims to help others navigate similar paths without repeating her past mistakes.

Yet the journey hasn’t been without its challenges. During her time on The X Factor, Lucy faced a traumatic experience of sexual assault, a revelation she shared in her autobiography. This incident not only shaped her understanding of personal safety but also pointed to a darker side of the entertainment industry, one she felt compelled to address. Sharing her story has been part of a broader mission; she expressed gratitude for the feedback she received, where many found solace in her candour. "People picked up on that and said ‘thank you for talking about this thing, or that thing.’"

Despite the success in her professional life and the love she has found in her personal life, Lucy is acutely aware of the barriers in the representation of lesbian women on television. She remarked on the perception that "if there's a lesbian on TV, they have to be a certain ‘kind’ of lesbian to be palatable." This dilemma highlights a broader issue within media representation, where diversity within the LGBTQ+ community remains insufficiently represented. Yet Lucy remains hopeful, noting that "the UK is doing alright at the moment" in terms of visibility and acceptance.

Her marriage has also inspired her music, particularly her upcoming album titled Other Sides Of The Moon, which she describes as a collection of songs reflecting her evolution. The title stems from her romance with Emilia Smith, where they discovered their feelings for each other after years of friendship. This intimate connection crafts a narrative of love and growth that resonates strongly in her work, as evidenced by her recent single, The Lesson, which centres on the lessons learned from losing loved ones and cherishing memories.

As Lucy Spraggan continues to make waves in the music industry, she also sheds light on the importance of kindness and creativity within the entertainment realm. With her transformation and newfound clarity, she offers herself as a testament to resilience, hoping to inspire others to embrace their true selves without the weight of societal expectations. "I feel quite comfortable in myself," she said, an assertion that encapsulates her journey and her ongoing commitment to authenticity in both her personal and professional life, paving the way for more inclusive narratives in the industry.

Her trajectory from vulnerability to empowerment not only accentuates her role as a representative of the LGBTQ+ community but also highlights the universal struggle against stigma and the pursuit of self-acceptance. In the ever-evolving landscape of media representation, Lucy Spraggan stands as a beacon for many, forging a path that encourages visibility, honesty, and the celebration of individuality.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.pressparty.com/pg/newsdesk/londonnewsdesk/view/58230/), [[4]](https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-shows-weight-loss-19902438), [[6]](https://www.independent.ie/entertainment/music/lucy-spraggan-opens-up-about-her-dramatic-weight-loss-journey/40126048.html)
* Paragraph 3 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/), [[3]](https://www.pressparty.com/pg/newsdesk/londonnewsdesk/view/58230/)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.thepinknews.com/2023/07/20/lucy-spraggan-trans-max-childhood-gender-affirming-surgery/)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-shows-weight-loss-19902438), [[7]](https://metro.co.uk/2020/06/16/x-factors-lucy-spraggan-reveals-lifestyle-overhaul-helped-boost-health-confidence-12860212/)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-shows-weight-loss-19902438), [[6]](https://www.independent.ie/entertainment/music/lucy-spraggan-opens-up-about-her-dramatic-weight-loss-journey/40126048.html)
* Paragraph 7 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/), [[5]](https://www.thepinknews.com/2023/07/20/lucy-spraggan-trans-max-childhood-gender-affirming-surgery/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14757777/Lucy-Spraggan-lesbian-TV-weight-loss-boob-job-X-Factor-Simon-Cowell.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.manchestereveningnews.co.uk/news/showbiz-news/lucy-spraggan-shows-weight-loss-19902438> - Lucy Spraggan, the singer-songwriter who gained fame on The X Factor in 2012, has undergone a significant weight loss journey, shedding three-and-a-half stone. She openly discussed her initial struggle with an extremely low-calorie diet of 500 calories a day and her subsequent lifestyle changes, including becoming a qualified personal trainer and nutritionist. Spraggan also plans to open a community gym to support both mental and physical health, aiming to guide others through similar journeys without the mistakes she made.
3. <https://www.pressparty.com/pg/newsdesk/londonnewsdesk/view/58230/> - In 2012, Lucy Spraggan, a contestant on The X Factor, expressed her joy at serving as a role model for the gay and lesbian community. She shared that her openness about her sexuality had positively influenced others, with some young girls coming out to their parents after hearing her music and learning about her being gay. Spraggan considered this as the 'biggest compliment ever' and felt honoured to help others embrace their true selves.
4. <https://www.hellomagazine.com/celebrities/499295/the-x-factor-lucy-spraggan-simon-cowell-exclusive/> - Lucy Spraggan, former X Factor contestant, revealed in an exclusive interview with HELLO! magazine that she was sexually assaulted by a hotel porter during her time on the show. The incident led her to turn to alcohol, but she has since been sober for six years, crediting her sobriety as one of her greatest achievements. Spraggan also discussed her friendship with Simon Cowell, who later apologised for her treatment on the show, an apology that she found healing.
5. <https://www.thepinknews.com/2023/07/20/lucy-spraggan-trans-max-childhood-gender-affirming-surgery/> - Lucy Spraggan, former X Factor star, opened up about her complex relationship with gender identity, revealing that she identified as a boy named Max during her youth. She recounted experiences from her childhood where she lived authentically as a boy until puberty. Spraggan also discussed her struggles with body image and how her transition from Max to Lucy has influenced her understanding of self and gender identity.
6. <https://www.independent.ie/entertainment/music/lucy-spraggan-opens-up-about-her-dramatic-weight-loss-journey/40126048.html> - Lucy Spraggan, former X Factor contestant, shared insights into her dramatic weight loss journey, revealing that she was consuming only 500 calories a day at the start. She has since lost three-and-a-half stone through a combination of weightlifting and running. Spraggan has become a qualified personal trainer and nutritionist, aiming to guide others on similar journeys without the mistakes she made. She also plans to open a community gym to support both mental and physical health.
7. <https://metro.co.uk/2020/06/16/x-factors-lucy-spraggan-reveals-lifestyle-overhaul-helped-boost-health-confidence-12860212/> - Lucy Spraggan, former X Factor star, discussed her lifestyle overhaul that led to significant weight loss and improved mental health. She adopted healthier eating habits and developed a love for exercise, losing three stone. Spraggan quit drinking entirely, which she credits with providing mental clarity and helping her cope with personal challenges, including her divorce. She likened running to meditation and noted that her mind and body transformation has greatly benefited her mental health.