

David Duchovny

Quotes

*Thinking, People, Character, Writing, Kids, Years, Mean, Actors, Book, Play,
Way, Needs, Knows, Father, Past, Trying, Believe, Two, Men, Mother*

The key is to get to know people and trust them to be who they are. Instead, we trust people to be who we want them to be - and when they're not, we cry.

~David Duchovny

Every day I try to do breathing exercises, meditation, and yoga. These things sound awfully cliché, but they help me slow down and try to point to a truth.

~David Duchovny

I love dogs. They live in the moment and don't care about anything except affection and food. They're loyal and happy. Humans are just too damn complicated.

~David Duchovny

I lost my virginity when I was 14. And I haven't been able to find it.

~David Duchovny

Anxiety is part of creativity, the need to get something out, the need to be rid of something or to get in touch with something within.

~David Duchovny

I understand the self-loathing and the resentment, and the discipline that it takes to sit down in front of a typewriter or computer every single day, whether it's going well or not going well.

~David Duchovny

I may be learning guitar, but I'll never be able to sing.

~David Duchovny

I think the real heroic teachers are the ones who work with kids, like my mom and my sister do.

~David Duchovny

A dream is the mind's way of answering a question it hasn't yet figured out how to ask.

~David Duchovny

What makes me mad is arrogance, pretension, putting on airs.

~David Duchovny

I don't think of myself as a TV actor. I think of myself as a film, television and Off-Off-Off-Off Broadway actor.

~David Duchovny

Privacy is something I have come to respect. I think when I was younger I wanted to tell everybody everything, because I thought I was so damn interesting. Then I heard the snoring.

~David Duchovny

The real truth about a lot of life's mysteries can be explained by science but people don't want to get in bed with science because it's cold. They prefer religion, myth, drama.

~David Duchovny

I poop in the backyard... I wear disposable diapers.

~David Duchovny

People always love and respect characters who speak the truth, even if the truth hurts.

~David Duchovny

If somebody says what they want or what they need it gives the person the chance to say yes or no, instead of suffering in silence or deprecation or whatever it is.

~David Duchovny

There's two things I gotta do. One is, I gotta update my resume. And

then, I have to call my mother.

~David Duchovny

The happiest moment of my life was probably when my daughter was born.

~David Duchovny

I just spend my money on the essentials. Just basically food and shelter.

~David Duchovny

I don't believe in a conspiracy to hide the existence of extraterrestrial life.

~David Duchovny

I had a fear that I'd be typecast, but I don't really have that fear anymore.

~David Duchovny

I'm not a comic book character. I'm not Indiana Jones or Bond, I'm a flesh and blood guy who is ageing and changing. I don't have to do what I did in '93. I couldn't do it and thank God.

~David Duchovny

Without whining and without making myself a tragic figure, there is no replacement for the loss of your privacy. It's a huge sacrifice.

~David Duchovny

I've got huge tubs full of X-Files memorabilia that I can sell on eBay.

~David Duchovny

As names that can mean things, I prefer spiritual to a lot of other things.

~David Duchovny

I've turned down jobs because I've said, 'Honestly, I can't find my way in. I can't do it. I love you, as a director. I think the script is good. You deserve better than I think I can do.'

~David Duchovny

Sex is great until you die, but it's never as great as it was when you were a kid, when it was a mystery.

~David Duchovny

Feelings come and go, unless you don't feel them. Then they stay, and hurt, and grow pear-shaped and weird.

~David Duchovny

I really like gratuitous nudity. I hate when people go, 'I'll only do it if it makes sense for the movie'. It never makes sense. So I like it - the more gratuitous the better.

~David Duchovny

I'm not going to give up. I can't give up. Not as long as the truth is out there.

~David Duchovny

I always dreamt of being a basketball player. A dream that only I believed in.

~David Duchovny

I think Mulder is the worst FBI agent in the world. He spends millions of dollars investigating these paranormal phenomena and never comes up with any evidence. He's the Kenneth Starr of the FBI.

~David Duchovny

When I started getting notoriety it was cheesy to appear in a commercial.

~David Duchovny

If you're smart, you'll always be humble. You can learn all you want, but there'll always be somebody who's never read a book who'll know twice what you know.

~David Duchovny

You're kinda striding the line of what's yours and theirs. What's yours, what's mine, what's ours as creators of it and what's yours as owners.

~David Duchovny

People are really much more respectful than they're made out to be and much more discerning about the fact that I'm not the character I play.

~David Duchovny

Those characters are forever searching even if we're not watching them, they're out there, in some dimension. Mulder and Scully are still doing their thing, because that's their nature.

~David Duchovny

It's hard to find scripts that know what they are from page one to page 115.

~David Duchovny

I drive an electric car.

~David Duchovny

One of the great things about doing series television is the guest actors that you can have come on and play around with.

~David Duchovny

My whole life, I've wanted things before I was ready. I was always pushing for the next job, the next success. I was so focused on achieving and the path that I was missing some great point about life.

~David Duchovny

For hundreds of years, that was the major form of entertainment: The grown-ups sat around and watched the kids play. Now they sit around and watch the television. The actors are the kids.

~David Duchovny

I like my computer. But I don't know how to use it as well as the 10-year-old daughter.

~David Duchovny

In high school and college, I was an athlete.

~David Duchovny

I don't see any difference in the craft of acting, in film or television. It's absolutely the same. It's different storytelling, playing a character over multiple hours, as opposed to two.

~David Duchovny

It seems unlikely that we're alone in the universe. But I'm pretty sure nobody's hiding any contact.

~David Duchovny

Usually, when I act, I try to forget the words and let them come, and just find my way through them.

~David Duchovny

Everybody gets the tattoo they deserve.

~David Duchovny

I don't mind close-ups, I like them, but they're kind of forceful - you see a lot, you get a lot of information in a close-up. There's less mystery.

~David Duchovny

I enjoy comedy and I hope that people enjoy watching me do it.

~David Duchovny

Most journalists expect me to answer all their questions about aliens and spaceships.

~David Duchovny

I'm half Jewish, half Scottish. It's hard for me to buy anything.

~David Duchovny

I think patience is a skill and I wish I had it.

~David Duchovny

When I was a kid I ate sports books up, like "Winners Never Quit" by Phil Pepe. That was like my bible.

~David Duchovny

I don't want to know what happens in any movie that I go to see.

~David Duchovny

Maybe the best things about celebrity are the things like being able to get that seat on the plane that you wouldn't normally get, but that's kind of like cheating.

~David Duchovny

I will read biographies or autobiographies while I'm writing, but mostly I put books in a to-read queue, like Rachel Cusk's new novel, "Outline."

~David Duchovny

Actually, I have an interest in finishing my Ph.D., but I just know I never will.

~David Duchovny

I also watch a lot of really bad television when I'm writing, "Like Dancing With the Stars," with my daughter.

~David Duchovny

I'll instinctively know that I identify with a character.

~David Duchovny

I'm always trying to perfect the romantic comedy, though.

~David Duchovny

I'm very proud of my Scottish blood.

~David Duchovny

If you have Darwin, Christ and Nietzsche, they're all going to talk at once. You need somebody who listens.

~David Duchovny

In the U.S., oddly, we have images of men as arrogant and aggressive.

~David Duchovny

It's always like you write a poem when you can't really say what you're trying to say.

~David Duchovny

I wouldn't succeed at musical theater.

~David Duchovny

The critical mind is the creative mind.

~David Duchovny

Patrick Stewart was the first internet sex symbol without hair but pileggi always thought it was him.

~David Duchovny

I wouldn't say we were doing that. I think we probably stopped thinking. Though it took a while to stop thinking.

~David Duchovny

I don't discount belief. I just discount most of the things that people believe in.

~David Duchovny

Willie Mays was the best ever. When I was in college I once made a catch like the one Mays made over his head. Sometimes when I'm lying in bed at night I think about it. It still makes me warm.

~David Duchovny

One of the scary things is that, when you're a kid, you look at your dad as the man who has no fear. When you're an adult, you realize your father had fear, and that you have it, too.

~David Duchovny

I'm not reading currently because I'm getting revisions of a novel. If I read while I'm writing I will unconsciously plagiarize and go to jail.

~David Duchovny

Action is pretty boring to do as an actor. Action and sex scenes are silly because it's all faking.

~David Duchovny

Games, by nature, have more plot options and non-linear qualities than TV and film.

~David Duchovny

I don't think I'd ever be cruel to an animal.

~David Duchovny

You can go through life and actually speak your mind and do it in an articulate fashion and with a really intelligent point of view.

~David Duchovny

I don't know how anybody gets better at anything aside from doing it.

~David Duchovny

Approaching a part or thinking about taking a part, I never think, 'Is that person like me?'

~David Duchovny

It's rare in movies or even in life where somebody owns up to their needs. I guess in a relationship it's the only way it has a chance to survive it.

~David Duchovny

If young actors ask me things, I always tell them to get on set and watch how it's done. If you can, watch the people that you like, how they work.

~David Duchovny

A bath tub, apparently, was the first thing I wanted to be.

~David Duchovny

We all know people for that length of time and people change. They mature. There is a certain expectation that a fictional character does not change. But you can't go back and play him the same way.

~David Duchovny

There are moments when you get out of your own head and you exist in the moment, and that can be good acting.

~David Duchovny

You do hear some strange rumours floating around. One I've heard is that I'm allergic to metal.

~David Duchovny

Our human nature is exactly the same as it was 500 years ago, let alone five years ago.

~David Duchovny

I would say recently I've gotten back to perusing [Samuel] Beckett's novels. Listening to the way Donald Trump speaks without saying anything has made me think about language.

~David Duchovny

Becoming an actor made me way more interested in plot.

~David Duchovny

As I've gotten older I've become a devotee of 19th-century authors, such as Charles Dickens and George Eliot.

~David Duchovny

I mean, there's chemistry in life and there's acting chemistry. I'm not saying they're the same thing, but they're as mysterious.

~David Duchovny

If Fox Mulder discovered that Larry Sanders was a clone? I think he would stab him . . . but it wouldn't be with an ice pick.

~David Duchovny

I really enjoy taking an outdoor shower.

~David Duchovny

The only problem with Mitch [Pileggi, the actor who plays Skinner] is that his bald head means there's nothing to hold onto when he starts to buck.

~David Duchovny

We like to keep the sexual tension underplayed, especially between the Smoking Man and me. Once we thought he was my father . . . it got more interesting.

~David Duchovny

I had to work in one of the most beautiful ski resorts in the world for almost three weeks. Pity me.

~David Duchovny

A lot of times passion projects or films are difficult to make because they don't have proven directors attached to them.

~David Duchovny

I'm the one usually wearing the dress, which is what I would've preferred, but they wouldn't let me. It's been 15 years since I did that and my ass isn't as good as it used to be.

~David Duchovny

At one time there were voiceover artists, now there are celebrity voiceover artists. It's unfortunate because these people need the money less than the voiceover artist.

~David Duchovny

If I were gay, you know. I think Woody Allen is one of a long list of men I might go gay for.

~David Duchovny

I reread "Ball Four" by Jim Bouton, the father of all sports books. Aside from that, and books like "Out of Their League" by Dave Meggyesy, sports books generally pull their punches.

~David Duchovny

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