

Gillian Anderson

Quotes

*People, Thinking, Children, Character, School, Believe, Girl, Lying, Reading,
Long, Relationship, Regret, Feelings, Country, Running, Good Day, Real,
Taken, Sex, Men*

Just remember, you can do anything you set your mind to, but it takes action, perseverance, and facing your fears.

~Gillian Anderson

People generally treat me like I'm very intelligent and really, I'm much less intelligent than she is. Scully is insanely intelligent.

~Gillian Anderson

I believe people are in our lives for a reason. We're here to learn from each other.

~Gillian Anderson

I hope everyone that is reading this is having a really good day. And if you are not, just know that in every new minute that passes you have an opportunity to change that.

~Gillian Anderson

Let's stop being so damn judgemental & crucifying everyone who doesn't fit into our boxed-in perceptions of what is right.

~Gillian Anderson

I was a good liar as a child.

~Gillian Anderson

Well, it seems to me that the best relationships-the ones that last-are frequently the ones that are rooted in friendship.

~Gillian Anderson

I wouldn't say I'm normal. But I'm relatively stable. When I think of normal, I think of mediocrity, and mediocrity scares the f--- out of me.

~Gillian Anderson

I truly believe that we can overcome any hurdle that lies before us and create the life we want to live. I have seen it happen time and time

again.

~Gillian Anderson

It is not a matter of being fearless. The fear is sometimes constant, but it's about moving forward regardless of the fear. Courage means feeling the fear and doing it anyway.

~Gillian Anderson

I became an actor because it was the only thing I could do. I didn't have any friends, I didn't fit in. But when I started acting everything in my life shifted and I felt happy.

~Gillian Anderson

I love it when women come up to me and tell me I'm a positive influence on their lives and the lives of their young daughters. That's a great feeling.

~Gillian Anderson

I was a daydreamer, and there is a lot of history and geography and science I missed out on because I was in my head. And I regret that.

~Gillian Anderson

We can only make ourselves the victim.

~Gillian Anderson

My default is self-destruction, and anything on top of that is a bloody lot of work.

~Gillian Anderson

Success has nothing to do with happiness.

~Gillian Anderson

People come in and out of our lives to teach us. And we teach other people. It's part of the process. They come in and they go out. Some

stay for longer than others.

~Gillian Anderson

I'm actually very scared of sharks. I wanted to be a marine biologist when I was young, which may not have been compatible with that fear.

~Gillian Anderson

Human trafficking is a globally assisted pandemic that generates billions of dollars of income a year.

~Gillian Anderson

We have to raise the status of girls and women in every country.

~Gillian Anderson

There is a difference between being listened to and being heard.

~Gillian Anderson

Sometimes I read a script and it's obvious from early on that it's one where the suspension of disbelief has to develop strongly from page one. Some are more reality-based.

~Gillian Anderson

I truly believe that we can overcome any hurdle that lies before us.

~Gillian Anderson

I mean the whole thing about meditation and yoga is about connecting to the higher part of yourself, and then seeing that every living thing is connected in some way.

~Gillian Anderson

The first time, where Fox Mulder and Scully met, she stands up for herself. She stands right there and gives it to him and that was extremely attractive.

~Gillian Anderson

When the show's not around any more, it's going to be hard not to have her in my life.

~Gillian Anderson

I hope everyone that is reading this is having a really good day

~Gillian Anderson

[on her role as Special Agent Dana Scully on The X-Files (1993)] I am more spontaneous than my character.

~Gillian Anderson

I think she definitely has. I think, um, her and Mulder's relationship has become more equal. And, I think she has become stronger and more independent over the seasons.

~Gillian Anderson

When I'm inside the character, I feel like I'm a different person, and then when you see that character on screen and I see that it's me, I find that disappointing.

~Gillian Anderson

So much of this world is based on illusion, temporaries, and disposability that I think it's essential that our closest relationships reflect what is real.

~Gillian Anderson

Thinking man's crumpet? Well, it's more flattering than being a lobotomised man's crumpet, I suppose.

~Gillian Anderson

It's taken a while for me to convince people that I can do something other than Scully. And it still takes effort.

~Gillian Anderson

I didn't pay as much attention in school as I would have liked to.

~Gillian Anderson

When I think of normality I think of mediocrity

~Gillian Anderson

There is this view that if you are not tormented you cannot be vital and creative. I would like to think that is not true.

~Gillian Anderson

Vibration is always good. Sitting on top of the washing machine that's going.

~Gillian Anderson

I will only take something or agree to do something that I feel like I understand, and inherent in understanding is empathy.

~Gillian Anderson

Having been Scully for such a long time, I have to prove myself in other roles.

~Gillian Anderson

What happens in our lives is not really anybody's fault but our own... When I was in high school, I was in an atheist crowd, and it was the consensus that religion was a crutch.

~Gillian Anderson

I'm a massive fan of Sunshine. Oh my God, I love that film.

~Gillian Anderson

Directing was a transformative experience for me, one that I really enjoyed.

~Gillian Anderson

It's a proven fact that when you raise the status of girls and women in a country, that country does much better economically.

~Gillian Anderson

It's funny because sometimes one doesn't actually consider these things for one's self until one's in a situation like this press conferece where one has to kind of think about it.

~Gillian Anderson

By moving to London I removed myself from the madness of the entertainment industry. I love the city and the culture, and it was an opportunity to bring my children up in a more sane environment.

~Gillian Anderson

I would never point a finger at anyone and say, 'They lived their life badly.' I take it as it comes and deal with each situation as it arrives.

~Gillian Anderson

Sometimes I struggle to watch stuff that I've done and sometimes I don't, and I'm sure that my judgment is based on whether I feel like I accomplished what I set out to accomplish.

~Gillian Anderson

Only once have I taken on a role where I felt that I didn't quite understand her, but I said yes anyway. I don't think I'll ever do that again.

~Gillian Anderson

I'm sure with a production that's not particularly well received or mediocrely received, it must be incredibly challenging to get up and keep doing it.

~Gillian Anderson

I always felt I wasn't completely American and I wasn't completely

British: there was a feeling of having my feet in both places.

~Gillian Anderson

I have a real problem with stillness. With just stopping and being quiet.

~Gillian Anderson

I've been very careful. I've gone through pretty much everything. I'm very careful not to let go of the prized possessions, or too much of it that I'll regret in the future.

~Gillian Anderson

Self-esteem should have nothing to do with what you look like - if you exude genuine confidence, people will be swept into it. You have to be able to hold yourself.

~Gillian Anderson

We are all dying. Every single day that we are alive.

~Gillian Anderson

I'm trying to accept where I'm at, not run from it.

~Gillian Anderson

You're only given as much as you can handle at any given time. Whether it's true or not, it gives you the strength.

~Gillian Anderson

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