

# Helen Mirren Quotes

*Thinking, People, Actors, Hate, Art, Believe, Children, Roles, Character,  
Important, Beautiful, Men, Interesting, Real, Long, Girl, World, Voice, Trying,  
Different*

Women have got to stop being polite. If I ever had children, which I don't, the first thing I'd teach a girl of mine is the words 'f - off.'

~Helen Mirren

Being powerful is so much more interesting than being beautiful.

~Helen Mirren

You write your life story by the choices you make.

~Helen Mirren

It has nothing to do with clothing or makeup. Just put your shoulders back and chin up, and face the world with pride.

~Helen Mirren

Actors are rogues and vagabonds. Or they ought to be.

~Helen Mirren

When you're 16, 30 seems ancient. When you're 30, 45 seems ancient. When you're 45, 60 seems ancient. When you're 60, nothing seems ancient.

~Helen Mirren

I don't think it's good to try and change anyone. The trick and the mystery - of relationships and life in general - is to learn to live with the bits you don't like.

~Helen Mirren

Parkinson's is a slow but inevitable process. It's hard living with it on a daily basis. The difficulty facing people with it is that they never quite know 'Can I or can't I do this today?'

~Helen Mirren

I don't like the word 'strong,' because a strong character is never an interesting character. A character is made interesting by their

vulnerabilities and their weaknesses.

~Helen Mirren

Flesh sells. People don't want to see pictures of churches. They want to see naked bodies.

~Helen Mirren

Where you grew up becomes a big part of who you are for the rest of your life. You can't run away from that. Well, sometimes the running away from it is what makes you who you are.

~Helen Mirren

You can't control how other people see you or think of you. But you have to be comfortable with that.

~Helen Mirren

A woman with knowledge is something that frightens the status quo quite a lot.

~Helen Mirren

The trick in life is learning how to deal with it.

~Helen Mirren

I learned quite early on in life that we are all two people. And one of those people none of us will ever know.

~Helen Mirren

You could build three hospitals with the cost of one film and I take that very seriously.

~Helen Mirren

Nothing is quite so emotional and passionate as what goes on inside of a family. People are driven to distraction by a father or a mother or a husband. Or a child.

~Helen Mirren

People become more interesting from about 25 - they develop character and their personalities come out.

~Helen Mirren

You write your life story by the choices you make. You never know if they have been a mistake. Those moments of decision are so difficult.

~Helen Mirren

I am so happy that I didn't have children. Well, you know, because I've had freedom.

~Helen Mirren

When I was about 25, I went to a hand reader, this Indian guy in a funky neighborhood. He said: The height of your success won't happen until you're in your late 40s.

~Helen Mirren

I feel the written word, poetry and literature is just one of the most beautiful things that human beings do. So we have to fight for it.

~Helen Mirren

There's nothing sexy about doing a nude scene. It's rather uncomfortable. I like dressing up rather than dressing down.

~Helen Mirren

Two phrases I hate in reference to female characters are 'strong' and 'feisty.' They really annoy me. It's the most condescending thing. You say that about a three-year-old. It infantilises women.

~Helen Mirren

I'm terrified of learning lines, and I've always been terrified that I won't learn them.

~Helen Mirren

Being me right now is sort of amazing.

~Helen Mirren

I'm a would-be rebel. The good girl who'd like to be a bad one.

~Helen Mirren

I love men that love women. Morgan Freeman, who I worked with on 'RED,' was very flattering to me. But he is flattering to all women. He is a woman-charmer.

~Helen Mirren

It was never my intention to marry anybody. Economics are basically the only reason to get married, but I'm very glad I did it.

~Helen Mirren

I believe in meditation - it's a good tool to centre yourself, but unfortunately, I'm too lazy to do it. It's very hard work, and I prefer to watch 'Nothing To Declare' on TV!

~Helen Mirren

I'm a naturist at heart. I love being on beaches where everyone is naked. Ugly young people, beautiful old people, whatever. It's so unsexual and so liberating.

~Helen Mirren

I don't know who I am. But I do know who I'm not. I have occasionally tried playing people I'm definitely not, and that wasn't a very pleasant experience.

~Helen Mirren

I've always been battling against my sense of dignity and refinement. I was embarrassed by any bodily functions when I was younger. I could

never even blow my nose.

~Helen Mirren

I think still it is very fine not to want children. There are far too many people in the world. It is my contribution to ecology.

~Helen Mirren

There's no good way to waste your time. Wasting time is just wasting time.

~Helen Mirren

You have to go through the long, painful process of learning techniques to be able to recognize a "good accident" or a "bad accident."

~Helen Mirren

People with Parkinson's are not some weird people on the edge of human experience.

~Helen Mirren

The important thing is to bring people with Parkinson's into our world and for the public to have a real understanding of it, as they've beginning to have with autism.

~Helen Mirren

Women are always self-effacing and self-denying. There's a term that enrages me, and I always used to swear that I'd never play characters described that way. The term is "long-suffering."

~Helen Mirren

I'm not a communist, of course. But I do think that everything is down to economics. Capitalism doesn't change.

~Helen Mirren

What I feel personally and what I can act are two different things.

Maybe one of the great pleasures of my job is being able to inhabit worlds that you are never going to inhabit personally.

~Helen Mirren

I couldn't handle the rules the Queen has to live by at all, and very few of us could. It's a golden cage, really. You're never alone in that role - you are always surrounded by security.

~Helen Mirren

I always tell my husband, 'That's it, I quit, I've done all I wanted,' and he's just like, 'Yeah, yeah. Sure.'

~Helen Mirren

Once a film gets into production, the actors sometimes begin to have more input than a writer does.

~Helen Mirren

Girls go out together to see a chick flick or something. I loathe, I hate, chick flicks.

~Helen Mirren

I prefer the finesse of French humour. English humour is more scathing, more cruel, as illustrated by Monty Python and Little Britain.

~Helen Mirren

There isn't a King Lear for women, or a Henry V, or a Richard III. You reach a level where you can handle that stuff technically and mentally, and it's not there.

~Helen Mirren

All you have to do is to look like crap on film and everyone thinks you're a brilliant actress. Actually, all you've done is look like crap.

~Helen Mirren

Acting is acting, but acting is different in almost always every project, and very, very different in this context.

~Helen Mirren

They're called action scenes because they do the acting for you. You don't have to act in action scenes.

~Helen Mirren

Americans are very good at animating voices. I don't know why. They have a freedom with them that we British actors find more difficult to get to.

~Helen Mirren

I loathe, I hate, chick flicks.

~Helen Mirren

It's outrageous. It's ridiculous. And 'twas ever thus. We all watched James Bond as he got more and more geriatric, and his girlfriends got younger and younger. It's so annoying.

~Helen Mirren

We're all idiots when we're young. We don't think we are, but we are. So we should be.

~Helen Mirren

I woke up one day and realized I could never be an American.

~Helen Mirren

I have no maternal instinct whatsoever. Motherhood holds no interest for me.

~Helen Mirren

My dad's Russian. My mother's English. I would say my bottom half is Russian.



~Helen Mirren

I've always found as an actress that the best thing to do in film or TV or theater is just to lose yourself in it. Think of the story, the character, the worlds we're in, and forget everything else.

~Helen Mirren

As you get older naked stuff [on film] gets easier. It's more to do with the role than what men in the audience think. There's a liberation about it.

~Helen Mirren

In Shakespeare's day it was women who were being burned at the stake as witches... not men. The men were thought of as alchemists. But women doing the same thing would be a witch and would be burned.

~Helen Mirren

Sometimes nudity is sexy. Sometimes it's not. Sometimes being clothed is more sexy than being nude. I think people tend to get the two mixed up.

~Helen Mirren

I believe that if you want to go make your mark on the world you've got to go out and do it. Don't be shy, be adventurous.

~Helen Mirren

I drink just as much tea when I'm in Los Angeles as I do when I'm in London. I take my tea bags with me wherever I go.

~Helen Mirren

Words can be used for venal purposes. Words are incredible sources of propaganda and can cause terrible havoc.

~Helen Mirren

I was never a left-winger, actually. I was a pretend left-winger because it was more interesting than being a right-winger.

~Helen Mirren

When you're young and beautiful, you're paranoid and miserable.

~Helen Mirren

I don't get to play the same role over and over in different movies. The roles that I get to play are quite varied, which is great.

~Helen Mirren

I don't see that anybody needs to earn \$12 million for three months' work, quite honestly.

~Helen Mirren

Wherever I am in the world, if I get free time when I'm filming I always hire a car, take to the road, drive for miles and explore.

~Helen Mirren

Southend is a dormitory town for London. But it also had this thing of being the playground of the East End - a glamorous holiday town.

~Helen Mirren

It seems to me that the years between eighteen and twenty-eight are the hardest, psychologically .

~Helen Mirren

The whole 'R' rating depends on a strange sort of fantasy land where all adults are responsible people, and children only ever go to the cinema with their parents.

~Helen Mirren

I don't share lots of the phobias that horror movies tap into. I don't mind spiders or snakes or darkness.

~Helen Mirren

I can't help being Christian because I was brought up in Britain, and the morality of Christianity is part of the fabric of this country.

~Helen Mirren

Working away from my husband for long periods is good and bad. It stops us taking each other for granted and gives us space, but I miss him terribly.

~Helen Mirren

I'm not a republican any more. Not so voraciously anyway - I'm not in favour of the concept of monarchy, but I do see the good in it if there's a good person in the role.

~Helen Mirren

I'd describe myself as a Christian who doesn't believe in God.

~Helen Mirren

Where does this guy's ambition go? That's very peculiar. I think he's a very disturbing person, I think he's a very disturbing politician. Personally, I feel his interest is a self-interest

~Helen Mirren

I think it's always hard for people to get their head around the fact that populist, commercial films can also actually be great works of art.

~Helen Mirren

When you do a voice in an animated film, you don't see the finished product at all. You're not animating. You're not doing the voice on the finished product. You're doing the voice long before.

~Helen Mirren

Hollywood is a very small world; the people who matter matter, and the

people who don't matter are just like nothing.

~Helen Mirren

The great marriages are partnerships. It can't be a great marriage without being a partnership.

~Helen Mirren

All of that was very closely researched. I think all we can do with drones is realize they are with us and not bury our heads in the sand about it, we should say, 'Okay, how do we regulate this?'

~Helen Mirren

People often ask me whether I prefer theater or film, and the answer is that I prefer the one I'm not doing: The grass is always greener.

~Helen Mirren

[Washington is a] very gossipy little village of people all going to the same bars . . . all watching each other having affairs with each other

~Helen Mirren

I certainly think that he [Alan Rickman] was a kind of actor who needed to grow into his maturity to realize the potential, the huge potential that he had.

~Helen Mirren

I was never that kind of star. I was never cast because I was gorgeous.

~Helen Mirren

I knew I wanted to engage in the world of the imagination, but it was not economically feasible for me to study acting, so I went to a teachers' training college.

~Helen Mirren

I've been working every year since I started acting, and I got many

awards before I won the Oscar for 'The Queen.'

~Helen Mirren

When I was making films [early in my career] there were very, very few female directors, and there were certainly no women on set, which made taking one's clothes off all the more difficult.

~Helen Mirren

The poor Oscars - they always get slammed in the press.

~Helen Mirren

Gardening is learning, learning, learning. That's the fun of them. You're always learning.

~Helen Mirren

It's very easy to just shout: 'Off with their heads!' Maybe in doing that you might lose something very valuable. I would like to see the monarchy continue, but in a more democratic fashion.

~Helen Mirren

I have done film, television and theatre - all at a pretty substantial level - I don't think it's possible for American actors to do that.

~Helen Mirren

I believe kids shouldn't be taught Shakespeare. They should experience it first by seeing a great production.

~Helen Mirren

Ill-informed intuition is fantastic - it's what great art is. So really old painters or writers or actors are brilliant, because they've finally reached the point when they can let go of all technique.

~Helen Mirren

I think a lot of my work has been a weird attempt to liberate myself, but

it's not altogether successful.

~Helen Mirren

The role of women has always been undervalued in the spy world, always undermined in terms of recognition. Unfairly so. It's a world that needs women.

~Helen Mirren

The French always seemed to be so chic. The food was better, the clothes were better, the makeup was better, the hair was better. Everything was better in France.

~Helen Mirren

As an actor, those are the roles that you long for. You always want something that's going to kick your last role out of the water and put you off on a new path.

~Helen Mirren

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