

# Jake Gyllenhaal

## Quotes

*Thinking, People, Actors, Real, Believe, Men, Want, Play, Mean, Character,  
Way, Space, Different, Ideas, Artist, Jobs, School, World, Giving, Looks*

Don't listen to what anybody says except the people who encourage you. If it's what you want to do and it's within yourself, then keep going and try to do it for the rest of your life.

~Jake Gyllenhaal

Every journey starts with fear.

~Jake Gyllenhaal

Do you know what fear stands for? False Evidence Appearing Real.

~Jake Gyllenhaal

Don't listen to what anybody says except the people who encourage you.

~Jake Gyllenhaal

I was listening to this Adele song, where she's like, "When we were young..." I was like, "You're 27. Are you kidding me?"

~Jake Gyllenhaal

Romance is important, but to have a friend you can use as a mirror, who can give you an objective response, that's what's really important.

~Jake Gyllenhaal

I think that we all have within us the potential for almost anything. If we play close attention to our lives, then we can get at it somehow.

~Jake Gyllenhaal

By cool, I don't mean cool. I mean vulnerable and a mess.

~Jake Gyllenhaal

Theater has given me a different perspective on the way I approach films.

~Jake Gyllenhaal

I hope that when the world comes to an end, I can breathe a sigh of relief, because there will be so much to look forward to

~Jake Gyllenhaal

I promise that, one day, everything's going to be better for you.

~Jake Gyllenhaal

Being a star doesn't last. That's not what life should be about. It's a complete illusion that really has nothing to do with you. For me, finding out about life is the most important thing.

~Jake Gyllenhaal

When I walk into a screening, I'm nervous in a different way than I am as an actor. But the response is ultimately I know how I feel about it and that's what matters to me the most.

~Jake Gyllenhaal

Crazy people don't sit around wondering if they're nuts.

~Jake Gyllenhaal

I'm open to whatever people want to call me.

~Jake Gyllenhaal

Sometimes what I actually love to do is go to a farm and get fresh milk or watch a pig get slaughtered.

~Jake Gyllenhaal

Even as an actor, I think like a storyteller. My parents raised us to look at the script.

~Jake Gyllenhaal

Not to say that you should be constantly trying to change the world, but I think it's important to know that whatever we do has an implication and has an effect, and because of that it is political.

~Jake Gyllenhaal

I'm more Baskin-Robbins style myself.

~Jake Gyllenhaal

In that way, as an actor in particular, you're powerless. And so in that way as an actor in particular you can't make mistakes.

~Jake Gyllenhaal

You can't just lump things into two categories. Things aren't that simple.

~Jake Gyllenhaal

I have an overactive brain, and as a result of that, I can really get in my own mind. So I like to try and exercise it to the point of exhaustion.

~Jake Gyllenhaal

Often times it's really hard for me to articulate why I connect to something.

~Jake Gyllenhaal

Every man goes through a period of thinking they're attracted to another guy.

~Jake Gyllenhaal

I'm superstitious a little bit.

~Jake Gyllenhaal

It's funny to me that people find other people getting coffee really interesting, or walking their dog in the dog park.

~Jake Gyllenhaal

We were talking about the kissing in the movie just recently. Clearly, it's pretty challenging material, but Ang said two men herding sheep was

far more sexual than two men having sex on screen.

~Jake Gyllenhaal

In work, never have any regrets and always leave everything on the field.

~Jake Gyllenhaal

I've never had sex with boxers on and it's an odd thing to watch actors do. That's not saying I haven't tried... I just don't recommend it!

~Jake Gyllenhaal

I hope I'm a spiritual person. I'm trying to be a spiritual person.

~Jake Gyllenhaal

As an actor, I feel like I'm somebody who, when somebody gives me a mark, I don't want to hit it. I don't like that. But then, without even knowing it, I just hit it.

~Jake Gyllenhaal

I fooled around with Heath Ledger and Michelle Williams got pregnant.

~Jake Gyllenhaal

There are lines that just stick with me, like I mean I still can remember it's like every line that I say from Nightcrawler, I mean it's just always there.

~Jake Gyllenhaal

Really, contrary to popular belief, I like to have a good time and not take myself too seriously.

~Jake Gyllenhaal

I want, overall, to trust what I know is right. There have been many times when I haven't.

~Jake Gyllenhaal

Do I take care of my body and take conditioning seriously? Yes.

~Jake Gyllenhaal

I wasn't really quite sure where Heath Ledger came from, and I think that's the feeling most people got when they were around him and why he was so extraordinary.

~Jake Gyllenhaal

I've become obsessed with learning other languages in movies, because I was like, since I was like, but I learned how to box so why don't I just learn another language for a movie?

~Jake Gyllenhaal

To me Donnie Darko was about adolescence. And about how, as soon as you start to grow up and you sort of move out into the world, you realize everything is so trippy. That anything can be anything.

~Jake Gyllenhaal

My parents taught me as a kid: do your work. Do it well. Try as hard as you can, whatever it is. It will one day, for the long run, it will make some sort of change somewhere.

~Jake Gyllenhaal

The best thing that I got was rehearsing with my father. It was always about the process of figuring things out, and trying something new, and having another take on something and keeping it alive.

~Jake Gyllenhaal

I love artists. I love watching other people work.

~Jake Gyllenhaal

When I was young, before school, my father would wake me up and we would go running together. A love of being physical, being active and being outside was something he instilled in me.

~Jake Gyllenhaal

They're the darkest people I know, comedians.

~Jake Gyllenhaal

I have a profound respect for cinematographers. That is my secret sauce. Like they are everything to me.

~Jake Gyllenhaal

Everybody is an actor in one way or another. We are all performing certain things.

~Jake Gyllenhaal

My experience on 'Jarhead' was life changing.

~Jake Gyllenhaal

I like that when you create you really do create with a very small group of people, and in that space, before it goes out to all these people, that's what I love.

~Jake Gyllenhaal

'Brokeback Mountain' takes all your conceptions of America, and the Western, and cowboys, and sexuality, and love, and it stirs them all up.

~Jake Gyllenhaal

I'm a harsh critic, you know? I am.

~Jake Gyllenhaal

My mum and dad are pretty amazing chefs and they spent most of my childhood cooking really extravagant things for my sister and me.

~Jake Gyllenhaal

When you find theater writing like in the theater on film but it's realistic, it doesn't matter who the character is, you want to do it.

~Jake Gyllenhaal

I like the idea of the adventurer's spirit. I think that is very much what a man searches for, in a certain way.

~Jake Gyllenhaal

It's amazing how the world has changed because, at that time [2005], a lot of actors didn't want to play a gay role.

~Jake Gyllenhaal

I think I work as hard as I do now, because of a lot of lessons I've learned early on.

~Jake Gyllenhaal

I think it's important for every man to find the right woman and every woman to find the right man.

~Jake Gyllenhaal

I don't think I've made a mistake. I think I have behaved in ways that I am proud of; I think I've behaved in ways I'm not.

~Jake Gyllenhaal

Sometimes love is calm and easy and sometimes it's just plain dirty.

~Jake Gyllenhaal

In a perfect world, I would love to do one play for every three movies.

~Jake Gyllenhaal

I started to realize I love study, I love the study of human behavior.

~Jake Gyllenhaal

There are a lot of different things that are spinning and connecting when your family sees what you do.

~Jake Gyllenhaal



I had not spent a ton of time around animals as a kid.

~Jake Gyllenhaal

I've decided as an actor the only, the power I have really is in the performance. It's the only real place I get to sort of communicate.

~Jake Gyllenhaal

Uta Hagen would say, there's the representational actor and the presentational actor.

~Jake Gyllenhaal

As an actor, no matter what, you're at the whim of so many other people all the time.

~Jake Gyllenhaal

As a producer, you have an opportunity to see the whole and bring people together.

~Jake Gyllenhaal

I walk around thinking job to job, trying to not have regrets.

~Jake Gyllenhaal

I like the conscious manipulation that a great director can have. When you're both complicit in the manipulation of an emotion.

~Jake Gyllenhaal

Heath [Ledger] was always somebody who I admired. He was way beyond his years as a human, in a way.

~Jake Gyllenhaal

I'm a very political person, and I make political choices in my movies.

~Jake Gyllenhaal

I don't have a "I want to play this or that," I just don't have that. I've

never been like that.

~Jake Gyllenhaal

I admire actors and artists who devote just as much time to their life as they do to their work.

~Jake Gyllenhaal

It's daunting trying to do any service as an American to such a beautiful, fluid speech pattern that you [British] all have. We are just barbarians in comparison.

~Jake Gyllenhaal

As much as I am one for real human interaction, I also want to make a show that's entertaining and that people want to see.

~Jake Gyllenhaal

I have a mentor. I have... guides. I have a lot of guides. Not a lot, but people whose opinions I really respect and who I will turn to.

~Jake Gyllenhaal

The truth is most of the films that make a lot of money no one remembers, and I'm not interested in making films that no one remembers.

~Jake Gyllenhaal

I think you hear a lot of people say 'I support the troops' and all of that, but I really feel deeply that I do.

~Jake Gyllenhaal

I love movies that are saying things that people might find odd at times. I don't find them odd at all. They give me comfort.

~Jake Gyllenhaal

I love 'Training Day' - that's a great movie.

~Jake Gyllenhaal

My mum raised us on classic movies and a lot of musical theatre.

~Jake Gyllenhaal

Hardest emotion? They're all pretty damn hard; I don't know really if there's one specifically, but I do think, I don't know what's happening or what I'm feeling when I'm actually listening.

~Jake Gyllenhaal

I don't think I'm sharp enough to not prepare and come on set and kill it.

~Jake Gyllenhaal

Most of the things that I learn are from the women in my life.

~Jake Gyllenhaal

I think my family love each other so much and expect so much from each other, and I think we expect a type of honesty in the work that we all do.

~Jake Gyllenhaal

When you have the opportunity to choose projects, inevitably you start being moved towards the things that you're moved by, right? And that changes over time, as we change, right?

~Jake Gyllenhaal

Sometimes you need an anchor, whatever it might be. You need a space to connect. So often you get into a way of doing things.

~Jake Gyllenhaal

When somebody's really good, they're not just thinking about their job.

~Jake Gyllenhaal

To me I just, I'm a geek when it comes to cinematographers . And when it comes to Robert and when it comes to someone like Roger Deakins who shot Prisoners and he shot Jarhead.

~Jake Gyllenhaal

We all develop relationships with each other based on our first relationships, and then how we experience them. But inevitably they are echoes of earlier on. In my belief.

~Jake Gyllenhaal

Other people's belief changes you. We all have insecurity, and uncertainty, and to have that glow cast over you by somebody that you respect, makes a gigantic difference.

~Jake Gyllenhaal

I always find you go back to an animal; it will always show you the sort of primal aspects of behavior. You always know how to respond if you choose that.

~Jake Gyllenhaal

People say to me, well "What's the character you really want to play?" And I go, I don't know.

~Jake Gyllenhaal

I didn't know many classes where I could try and relate the thing that I really loved and wanted to do into an intellectual idea.

~Jake Gyllenhaal

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