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There's nothing more exciting for an actor than a chance to lose, to be someone who has lost - especially if it's someone who starts off with a veneer of control. To be broken is wonderful.

~Lena Headey

I am very much a seat-of-the-pants actor. I will prepare when I have to. But I like being unprepared.

~Lena Headey

There's a perceived inverse relation between looks and talent. Look at Charlize Theron - she made herself ugly for 'Monster' and suddenly everyone said 'she's a genius.' It shouldn't be like that.

~Lena Headey

People do seem to think that I'm going to be some wicked witch, and then they're always surprised to find out I'm just a little clumsy nerd.

~Lena Headey

I worked in Tesco's staff canteen because I fancied a boy on the tills. I served him his lunch in a hairnet and tan tights. Not just that, of course - I had a lovely white onesie.

~Lena Headey

I don't think you should feel guilty about pleasure. Defeats the purpose. ~Lena Headey

I love being physical, but I am extreme either way. I can be superfit. And then I can be really lazy and ignore everything.

~Lena Headey

Having the tattoo itself is not really for the end result for me. I like having them done.

I do what I do; I cant control who thinks what.

~Lena Headey

I hate being looked at. Can't stand it. I know, I know - I picked the wrong career.

~Lena Headey

I'm sort of like a T. rex in the world of female actresses. Every time a job is finished, I look at my car and think, 'Could I live in it?

~Lena Headey

I think I cry when I'm angry. I let it go that way.

~Lena Headey

I've said from day one that I've got no problem with nudity. I've done it throughout my career.

~Lena Headey

I carry about eight lip balms: Burts Bees, Rosebud Salve, Eos.

~Lena Headey

Freedom isn't free at all, that it comes with the highest of costs. The cost of blood.

~Lena Headey

I have a playlist of farts on my phone.

~Lena Headey

Nothing I do is by design. It's always the result of a happy accident. I didn't have a career plan. It has just become the way it is. It's all good fun.

~Lena Headey

It's always weird the thought of taking your clothes off in front of 20

people and then to have it projected in front of many more.

~Lena Headey

As a teenager I was clinically depressed. Although I had lots of friends, I found those years very difficult.

~Lena Headey

It's not socially acceptable to be a complete and utter manipulative cow.

~Lena Headey

It's amazing the things that you cry at. I cry when I smell my son's hair in the morning. We have a moment of peace and I'll be like, 'Ahhhh! How can you love this much?'

~Lena Headey

For me, horror movies are a real escape.

~Lena Headey

Does our culture have a need for violence? I don't know. I guess it's a personal thing.

~Lena Headey

Since being quite young, I've had a very strong sense of independence and survival. As a child, I was on my own two feet emotionally.

~Lena Headey

I dont want to be owned by anyone.

~Lena Headey

I'm just going to stay single forever. I could never live with anybody ever again.

Getting older and having kids, you learn how to become less serious about it all.

~Lena Headey

The more you love something, the worse you tend to audition. If you don't really care about something, you kind of nail it.

~Lena Headey

I was obsessed with vampires when I was 13 or 14.

~Lena Headey

I'm 40 next year and I'm very well aware that where I am now, it becomes a bit of a wilderness for actresses.

~Lena Headey

Sometimes it's a bizarre, fairly cold, and horrifying thing to be a parent.

~Lena Headey

I could quite happily run a florist or a bake shop.

~Lena Headey

Cersei in Game of Thrones is quite solid and stiff.

~Lena Headey

It's a feeling without a lid, of what you would do, physically, verbally, to protect the one thing that is your greatest love.

~Lena Headey

'Dredd' was a weird, little, out-of-the-blue thing for me.

~Lena Headey

With fantasy and sci-fi, it's based in a real fandom. You're presenting to experts, and their source material is really important to them.

Shooting guns is not something I would do in my spare time.

~Lena Headey

I enjoy what I do and it's a great way to live your life.

~Lena Headey

I almost never get recognised in the street.

~Lena Headey

I look at someone like Kathryn Bigelow, and I have so much admiration. She's playing in the boy's sandpit, and winning.

~Lena Headey

I've never directed before, so I need to make sure that people know that I can. The movie that I've written, 'The Sophisticates,' is a... small ensemble comedy and I hope it's charming and funny.

~Lena Headey

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