

Mariska Hargitay

Quotes

*Thinking, People, Years, Mother, Mom, Healing, Grateful, Children, Looks,
Trying, Soul, Girl, Knows, Actresses, Mean, Heart, Quitting, Greatness, Made,
Age*

No one can take away your pain, so don't let anyone take away your happiness.

~Mariska Hargitay

It's a life's journey of finding ourselves, finding our power, and living for yourself, not for everyone else.

~Mariska Hargitay

I don't have to be an expert. I just have to care.

~Mariska Hargitay

Chocolate is the first luxury. It has so many things wrapped up in it: Deliciousness in the moment, childhood memories, and that grin-inducing feeling of getting a reward for being good.

~Mariska Hargitay

When I was in my early 20s, I had my hair permed. Bad Idea! It turned into total frizz. My advice to women is: if you have nice hair already, don't get a perm, leave your hair alone.

~Mariska Hargitay

No one can tell you who you are and what you are made of, only you yourself know what you are made of, and only you yourself can do the work to become who you want to be.

~Mariska Hargitay

If I can play a little part in the world's healing, and making it a better place than when I came, then I just thank God for that chance.

~Mariska Hargitay

People who overcome their fears every day, without fanfare, without recognition. Quiet, everyday courage, that's what I admire most.

~Mariska Hargitay

Just smiling at someone walking down the street can make the person's day. It's all about paying it forward.

~Mariska Hargitay

Sexual assault and domestic violence are difficult things to talk about. Talk about them anyway.

~Mariska Hargitay

Healing takes time, and asking for help is a courageous step.

~Mariska Hargitay

Humor is about perspective, and hanging out with people who see life through a similar lens is so important.

~Mariska Hargitay

But trust can take you a long way. And my faith takes me a long way. And I think that our pains, our vulnerabilities, and our insecurities can fuel us to be better. To try harder. To dig deeper.

~Mariska Hargitay

I am grateful that I didn't let fear get the best of me. It only holds you back from possibilities and greatness.

~Mariska Hargitay

You've got to kick fear to the side, because the payoff is huge.

~Mariska Hargitay

Being sexy is just one part of being a woman and an actress. But if the part calls for sexy...

~Mariska Hargitay

In life you have two choices. You can laugh or you can cry. You have to laugh, you have to.

~Mariska Hargitay

I think God runs the show. Completely. Life proves it every day: He runs the show.

~Mariska Hargitay

Sometimes things in life happen that allow us to understand our priorities very clearly. Ultimately you can see those as gifts.

~Mariska Hargitay

You survived the abuse, you're going to survive the recovery.

~Mariska Hargitay

Adoption was a bumpy ride - very bumpy. But, God, was it worth the fight.

~Mariska Hargitay

A guy at ABC told me to change my name and get a nose job. I said 'You get a nose job.'

~Mariska Hargitay

By coming forward and sharing your story, you don't know the countless lives you change.

~Mariska Hargitay

My weekends are extremely precious.

~Mariska Hargitay

I realize that you have to show up for your life.

~Mariska Hargitay

Surviving and thriving in the wake of my mothers loss, I learned to believe in God. He has a plan, if you pay attention to the signs. I am inspired by the absolute proof of miracles.

~Mariska Hargitay

We're all connected. Helping another woman is helping yourself, your mother, your sister, your children.

~Mariska Hargitay

You make sacrifices to become a mother, but you really find yourself and your soul.

~Mariska Hargitay

There's so much that you can get mad about. Out of self-preservation, I focus on being grateful.

~Mariska Hargitay

I get very excited about my double stroller. Every time I look at it, I get a shot of adrenaline and joy because I think, This is real!

~Mariska Hargitay

When my body is strong, I feel stronger inside. I feel more capable of handling emotional situations. Usually I'm more of an inside-out person, but this was a great case of me from the outside in.

~Mariska Hargitay

I'm a size 8, and I feel proud of that, because it's healthy. I've never felt compelled to be a skinny actress.

~Mariska Hargitay

Just having someone make you laugh so hard that it hurts is so healing to me.

~Mariska Hargitay

If you stop for one second and do something, everyone is happy. You pay it forward and it comes back to you twelve-fold.

~Mariska Hargitay

I look at all the things life has allowed me to do, and I feel like the

luckiest person in the world.

~Mariska Hargitay

I have a more developed sense of my priorities. Life has so much more meaning now.

~Mariska Hargitay

When I read the script sometimes, it's like 'Christ! Enough!' I can't sleep at night sometimes. There's the occasional script that just hammers you, that you can't shower off.

~Mariska Hargitay

I am proud to be a role model for my viewers. I am finding out that helping victims is as or more rewarding than all the awards I win.

~Mariska Hargitay

I say to everybody, 'Adoption is not for the faint of heart.'

~Mariska Hargitay

Every day is deeper and richer and more soulful.

~Mariska Hargitay

As an actress, there were so many months, years even, when I didn't get work, when I wanted to quit.

~Mariska Hargitay

Criminals are just regular people who didn't have time to read all the laws.

~Mariska Hargitay

I'm an L.A. girl who became a tough New York cop.

~Mariska Hargitay

I think people were expecting me to be that kind of glamorous sexpot.

So they were always, Wow you're not what I expected.

~Mariska Hargitay

Having a child changes everything. All of a sudden you have so much to lose, so much to live for.

~Mariska Hargitay

I definitely have my days where I look like I got dressed in the dark.

~Mariska Hargitay

I was lucky enough to have a father who said, 'Don't quit.' So I just kept going.

~Mariska Hargitay

I have so much love that I didn't even know about.

~Mariska Hargitay

I wasn't at all trying to be skinny, My Mom is Jayne Mansfield, I'm allowed to have curves.

~Mariska Hargitay

To me, the definition of sexy - at any age - is strength and confidence.

~Mariska Hargitay

My Dad taught me that good health is all about living in gratitude.

~Mariska Hargitay

Becoming a parent erased many of my negative childhood feelings and filled them in with something new.

~Mariska Hargitay

I'm a water person; water heals.

~Mariska Hargitay

Fifty years ago my Mother stood on this stage accepting this award; She was fortunate enough to have my Dad with her. Fifty years later, I'm fortunate enough to have my Dad with me. I love you, Dad.

~Mariska Hargitay

The only reason I have the career I have is that I didn't quit.

~Mariska Hargitay

Being thin is not more important than enjoying life

~Mariska Hargitay

I've got no problems with my age. I rejoice in the knowledge I have accrued and savor the greatest moments, because I know how fast it goes.

~Mariska Hargitay

If I eat clean, I look 10 years younger.

~Mariska Hargitay

Golf made me feel like a loser. So I dismissed it.

~Mariska Hargitay

I want to be a fun mom. Not a gasping for air mom.

~Mariska Hargitay

Life begins at 40, and I'm living proof.

~Mariska Hargitay

When I was pregnant, I was so huge and people on the bus would get up for me. That made me feel so precious and valued and valuable. I try to treat everyone like they're pregnant.

~Mariska Hargitay

Italian culture is so deeply soaked in an appreciation of the good things

in life.

~Mariska Hargitay

Eric Lewis doesn't play the piano, he devours it. He doesn't play music, he channels the divine.

~Mariska Hargitay

Our early dating life consisted of trying to figure out whether we were dating.

~Mariska Hargitay

I think because I became a mom later in life, everything in life means more.

~Mariska Hargitay

When you see a girl like me bustin' perps, there ain't no time to be pretty.

~Mariska Hargitay

It's very difficult leaving the house anytime with my baby at home.

~Mariska Hargitay

You should've seen my big hair in the 80's, that was a real project.

~Mariska Hargitay

They say that the average lifespan of an SVU detective is 4 years. People can't do it longer than that because it's so difficult.

~Mariska Hargitay

Kids who drink alcohol, fairly regularly before they're 14 have a 48% chance... of becoming alcoholics.

~Mariska Hargitay

The experience of being cared for is profound, and it nourishes the soul

as much as the food does the body.

~Mariska Hargitay

It wasn't really that hard to act when you see somebody holding a gun to your partner. It's also believing the circumstances and I believed it.

~Mariska Hargitay

I have a nest egg, and I don't buy above my means.

~Mariska Hargitay

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