

# Robert Downey, Jr.

## Quotes

*Thinking, People, Men, Want, Guy, Kids, Years, Addiction, Mean, Night, Looks,  
Moving, Character, Hero, Jobs, Needs, Opportunity, Acting, Giving, Son*

Remember that just because you hit bottom doesn't mean you have to stay there.

~Robert Downey, Jr.

Listen, smile, agree, then do whatever you were going to do anyway.

~Robert Downey, Jr.

People never change because they are under threat or under duress. Never. They change because they see something that makes their life seem valuable enough to start moving toward a life worth living.

~Robert Downey, Jr.

People rise out of the ashes because, at some point, they are invested with a belief in the possibility of triumph over seemingly impossible odds.

~Robert Downey, Jr.

I don't need an Iron Man suit. I'm already a weapon of mass seduction.

~Robert Downey, Jr.

I know who I am. I'm a dude playing a dude disguised as another dude.

~Robert Downey, Jr.

I think that we all do heroic things, but hero is not a noun, it's a verb.

~Robert Downey, Jr.

I just think it's good to be confident. If I'm not on my team why should anybody else be?

~Robert Downey, Jr.

I know very little about acting. I'm just an incredibly gifted faker.

~Robert Downey, Jr.

The lesson is that you can still make mistakes and be forgiven.

~Robert Downey, Jr.

Worrying is like praying for something you don't want to happen.

~Robert Downey, Jr.

I have a sense of destiny that you are led to the things you are supposed to do.

~Robert Downey, Jr.

I think it's miraculous that anybody survives themselves.

~Robert Downey, Jr.

Nothing's a break for me. Not even the breaks are breaks.

~Robert Downey, Jr.

The higher the stakes, the happier I am, the better I will be.

~Robert Downey, Jr.

At the end of the day, anything I think I'm sacrificing I'm just giving up because it makes me feel better.

~Robert Downey, Jr.

Do I want to be a hero to my son? No. I would like to be a very real human being. That's hard enough.

~Robert Downey, Jr.

Discipline for me is about respect. It's not even about self-respect; it's about respect for life and all it offers.

~Robert Downey, Jr.

The old saying is true, behind every good man theres an incredible woman.

~Robert Downey, Jr.

I don't drink these days. I am allergic to alcohol and narcotics. I break out in handcuffs.

~Robert Downey, Jr.

I think you end up doing the stuff you were supposed to do at the time you were supposed to do it.

~Robert Downey, Jr.

McDonald's being the official restaurant of the Olympics is like smoking being the official medicine of cancer.

~Robert Downey, Jr.

To me, friendship means loving tolerance.

~Robert Downey, Jr.

If I was a Pokemon, I'll either be a Psyduck or a Jigglypuff.

~Robert Downey, Jr.

But I will agree that I think that things happen with people in relationships, that you might have been able to enjoy Morocco, say, if you weren't getting out of a bad marriage. You know what I mean?

~Robert Downey, Jr.

It's hard to get out of the barrel. It's slippery around the edges and people are happy to see you fall back in.

~Robert Downey, Jr.

I think life changes every year. This is just a little more comfortable.

~Robert Downey, Jr.

I make faces for cash and chicken.

~Robert Downey, Jr.

There's somewhere you're supposed to go, and if you get quiet enough,

you'll make it.

~Robert Downey, Jr.

Give me a scotch, I'm starving.

~Robert Downey, Jr.

With a terrible script you hustle and try to make it better. But with a good script it can be trouble because you rest on your laurels, so to speak, you think it's going to translate easily.

~Robert Downey, Jr.

It's like I have a loaded gun in my mouth and I like the taste of metal

~Robert Downey, Jr.

My old man had a philosophy: peace means having a bigger stick than the other guy.

~Robert Downey, Jr.

I'm a soldier who didn't know how nasty the battle was going to be, and now, I've got a purple heart and I'm back.

~Robert Downey, Jr.

You have to let go of the things that are darling to you. You have to take the focus off yourself and put it on the shape of the scene and the intention of what everyone else needs.

~Robert Downey, Jr.

Wing Chun teaches you what to concentrate on, whether you're here or out in the world dealing with problems. It's second nature for me now. I don't even get to the point where there's a problem.

~Robert Downey, Jr.

Look, even bad years are pretty good years I think.

~Robert Downey, Jr.

I don't think I'm in any position to give anybody advice about anything.

~Robert Downey, Jr.

There is unpanned gold in every soul you run into, no matter what walk of life they are from.

~Robert Downey, Jr.

If I was a lawyer, I'd be my own best client.

~Robert Downey, Jr.

I'm an actor, a husband, a father of two, and a full-time Avenger.

~Robert Downey, Jr.

If you're anything like me there are days when you're convinced you know more than everyone around you. Which is often confirmed by your interactions with people.

~Robert Downey, Jr.

If you're doing a drama that has some comedic elements you can't forget that it's primarily a very serious film that has some light relief.

~Robert Downey, Jr.

Tofu is the root of all evil, and there's only one thing that can change a man's mind, and that's a modified Uzi with an extra-long clip.

~Robert Downey, Jr.

I walk by studio heads and they actually look and put their hand out now, like maybe I should be on their radar.

~Robert Downey, Jr.

Job one is get out of that cave. A lot of people do get out but don't change.

~Robert Downey, Jr.

Sometimes you just gotta be drop-kicked out of the nest.

~Robert Downey, Jr.

When you have a good script you're almost in more trouble than when you have a terrible script.

~Robert Downey, Jr.

Violent ground-acquisition games such as football are in fact a crypto-fascist metaphor for nuclear war.

~Robert Downey, Jr.

Worrying is like praying for something you don't want to happen. I have such an overwhelming sense that if you're in the right state of heart, the next right thing appears to you.

~Robert Downey, Jr.

A lot of my peer group think I'm an eccentric bisexual, like I may even have an ammonia-filled tentacle somewhere on my body. That's okay.

~Robert Downey, Jr.

I just don't like big guys who speak cryptically and act like they understand the language better than me.

~Robert Downey, Jr.

[Addiction's] not about placating the bad dog - it's about feeding the good dog. You still have to feed the bad dog, but only enough so that the ASPCA doesn't bring you up on charges.

~Robert Downey, Jr.

I'm not a poster boy for good behavior and recovery in Hollywood, I'm just a guy who knows he has a lot to be grateful for.

~Robert Downey, Jr.

There are some parents who have really done it right and told their kid,

'You know, we have this dough, none of this is for you. You have to get your own.

~Robert Downey, Jr.

I wouldn't want to see anything irreparable happen, but I also like it when seemingly irreparable thing occur and men and women find a way to move past it.

~Robert Downey, Jr.

I'm coming from a place of total strength and humility now.

~Robert Downey, Jr.

Nobody learns a German aria overnight, except Jared Harris.

~Robert Downey, Jr.

I've always been a fella who put most of my eggs in one basket and then take a dump in the basket but I really don't know.

~Robert Downey, Jr.

You know, when you're part of a comedic duo, you can take breaks. It's kind of like having a partner that is good with a kid.

~Robert Downey, Jr.

Pick a dysfunction and it's a family problem.

~Robert Downey, Jr.

And last but not the least

~Robert Downey, Jr.

I've always just shown up and tried to figure out what's for lunch and am I going to get to play some racquetball that night.

~Robert Downey, Jr.

You have to give people something to actually write music so that



you're not just running your mouth all the time.

~Robert Downey, Jr.

I remember when people said, "Man, that's a powerful scene in the movie!" and I was like, "We just shot this thing before lunch, I don't know, he tears a log apart, I said some words".

~Robert Downey, Jr.

I'm not a method guy. I can't be bothered to have a method. I just want to be a part of a good movie and I can't stand to be surrounded by morons.

~Robert Downey, Jr.

Does any new parent, even if you're not a first-time parent, ever really know what to do?

~Robert Downey, Jr.

I'm not used to feeling like I belong where I am.

~Robert Downey, Jr.

The greatest thing my dad taught me came from when I called him from a phone booth and said, 'Hungry. No bus token. Please. Out of options.' He said, 'Pfft, get a job.'

~Robert Downey, Jr.

I never know when the seeds are being laid, I'm just like, "Wow, that's a pretty cool scene. Is that? Are we laying seeds here?"

~Robert Downey, Jr.

Acting is always a challenge.

~Robert Downey, Jr.

And I think for a man whose native tongue is Spanish to be able to put together a phrase like 'cultural genocide' just speaks to how bright he

is.

~Robert Downey, Jr.

I'm not 40 yet. I wouldn't even bother comparing myself to Chaplin.

~Robert Downey, Jr.

I've always felt like such an outsider in this industry. Because I'm so insane I guess.

~Robert Downey, Jr.

I take some pride in... representing myself exactly how I would like to have my son remember me to his kids.

~Robert Downey, Jr.

I guess the issue for me is to keep things dynamic.

~Robert Downey, Jr.

I think I've been lucky, being my frequent appearances on Court TV have brought to me another level than just the actor guy.

~Robert Downey, Jr.

Smoking dope and smoking coke, you are rendered defenseless. The only way out of that hopeless state is intervention.

~Robert Downey, Jr.

I didn't have an identity. It was manufactured. My identity now? It was written on the wall by ancient forces.

~Robert Downey, Jr.

I really don't want to thank my wife because I could be bussing tables at the Daily Grill right now if not for her. Jesus, what a gig that'd be.

~Robert Downey, Jr.

I had this bad-boy-from-New York vibe going, dressed like a punk

rocker with spiky hair.

~Robert Downey, Jr.

Sometimes everything you need to know to be an actor in your mid-forties, you learn before you were 15 years old.

~Robert Downey, Jr.

I guess the main thing is, you unconsciously take things for granted, and you think the audience is with you, because you're with yourself.

~Robert Downey, Jr.

The audience can feel the subtleties of the characters.

~Robert Downey, Jr.

I'm not used to studios being ecstatic about we did and saying, "Please go do that again."

~Robert Downey, Jr.

You can't go from a \$2,000-a-night suite at La Mirage to a penitentiary, and really understand it, and come out a liberal.

~Robert Downey, Jr.

Every time I feel that I really hit critical mass and I'm in the right place is when I feel like the director and I become a third thing, and that's the character.

~Robert Downey, Jr.

I know if you talk faster and use more ten-dollar words than everyone around you, you convince half of them that they should shut up because you know what you're talking about.

~Robert Downey, Jr.

Whenever I watch someone doing something, even if it doesn't turn out so great, I at least admire their intentions and stuff.

~Robert Downey, Jr.

I felt like a fighter who was training for a title bout that had not been booked yet.

~Robert Downey, Jr.

It's weird when one movie that's connected to another doesn't reference that movie at all.

~Robert Downey, Jr.

I am in the continual process of transcending fear-based rituals

~Robert Downey, Jr.

I don't want to be so confident in myself.

~Robert Downey, Jr.

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