

# Sally Field Quotes

*People, Thinking, Actors, Character, Years, Heart, Mean, Opportunity, Play,  
Want, Mother, Issues, Broken, Careers, Roles, Real, Broken Heart, Done, Eye,  
Nobility*

It took me a long time not to judge myself through someone else's eyes.

~Sally Field

I've never had my heart broken.

~Sally Field

There are not a lot of places for an actor to explore what it's like to be a woman in her 60s. There aren't any films about it and there very few TV series about it.

~Sally Field

I **MUST** go to what desperately frightens me - the chance of failure.

~Sally Field

To watch how lovingly your children parent their own children is to know profound achievement.

~Sally Field

What does the Academy Award mean? I don't think it means much of anything.

~Sally Field

Had there not been a Mary Todd, there would not have been an Abraham Lincoln. She found him when he was a young lawyer and really a bumpkin. No one knew of him, but she recognized his brilliance.

~Sally Field

My agent said, "You aren't good enough for movies." I said, "You're fired."

~Sally Field

Last year I was diagnosed with osteoporosis.

~Sally Field

You just do the best you can with what you've got... and sometimes magic strikes.

~Sally Field

You may be a little older, or a little more neurotic, or a little more closed off. But inside, you're just the same.

~Sally Field

Quit thinking about your weight and start thinking about your worth and who you are and what you haven't done yet. What you want to accomplish.

~Sally Field

The whole world is waiting. The whole world needs you.

~Sally Field

In reality, people are people. Age does a weird thing to your body on the outside. It makes your face fall and weird things happen all over. But inside, you're the same person you always were.

~Sally Field

I don't know what happiness is. I have periods of feeling joyous and peaceful and excited about what I'm doing, but I am also frequently very sad.

~Sally Field

I really have no ulterior motive in taking on certain roles. I have no larger issue that I really want to show people. I'm an actor, that's all. I just do what I do.

~Sally Field

Don't think for one minute, whoever you are, that you're not important.

You're so vitally important to stand up and be heard and do what it is you do.

~Sally Field

And I realized that sometimes the greatest triumphs in your life come in on little cat feet and sit on silent haunches and it's up to you to see it before it moves on.

~Sally Field

I've grown used to being lonely over the years, so I don't seek to change it. But aren't there many people who are lonely?

~Sally Field

I was raised to sense what someone wanted me to be and be that kind of person. It took me a long time not to judge myself through someone else's eyes.

~Sally Field

I didn't back into being an actor, I was born one.

~Sally Field

I can't deny the fact that you like me! You like me!

~Sally Field

But there isn't any second half of myself waiting to plug in and make me whole. It's there. I'm already whole.

~Sally Field

The people who stand on the sidelines and criticize aren't actually in the arena, spilling their blood.

~Sally Field

If I hadn't fought back, I might have been Gidget forever.

~Sally Field

When it came down to doing the nude scene, I couldn't hide how humiliating it was for me; I burst into tears.

~Sally Field

I've never had my heart broken. It's a very sad state of affairs. I think everybody should have their heart broken. I don't think it says anything good about me at all.

~Sally Field

I think that's very sad, that I haven't allowed my heart to be broken. I have broken a few.

~Sally Field

Fear is where the information is.

~Sally Field

I had to let my ego go a long time ago.

~Sally Field

I never really address myself to any image anybody has of me. That's like fighting with ghosts.

~Sally Field

Don't you be afraid, sweetheart. Death is just a part of life, something we're all destined to do.

~Sally Field

I certainly have a very colorful nature, filled with great highs and great lows... in my early adulthood I probably was grappling with some serious depression issues.

~Sally Field

Acting has been my lover and best friend. My confidant and my tormentor. It has given me support and broken my heart and mended it.

~Sally Field

I was just lucky enough to grow up in a time when they actually had drama departments in schools.

~Sally Field

Like a jerk, I went to a nutritionist and I ate the most repulsive, awful things. I didn't allow myself to eat chocolate cake and french fries and cheeseburgers.

~Sally Field

I think the first thing I did was several scenes from Romeo and Juliet.

~Sally Field

I would take plays and I would cut out all the other dialogue and make long monologues because I felt the other kids weren't taking it as seriously as I did.

~Sally Field

There are parts of me that I feel are beautiful, but they don't have anything to do with my nose.

~Sally Field

I have never been beautiful in cliché terms.

~Sally Field

There was really a snobbery from people in film - they did not want people who had come from television. It was the poor relation of show business, and especially situation comedy.

~Sally Field

When I was born, the doctor looked at my mother and said, "Congratulations, you have an actor!"

~Sally Field

My last son is leaving to go to college; my grandchildren are being born. My mother is living with me.

~Sally Field

I'm so vigorous, and I so take it for granted, because I've always been a real physical person.

~Sally Field

I so believe that older women have tremendous value to their families, their community, their country, the world.

~Sally Field

I have a tendency to think of myself as the mutt of the litter. I'm not purebred.

~Sally Field

I mean, the only thing that matters to me is getting to the work - getting to do the work. And I don't really care where it is: whether it's on stage or on television or in film.

~Sally Field

You know, people really don't understand what actors do.

~Sally Field

I always wanted to be a great actor.

~Sally Field

I came from a real working-class show business family.

~Sally Field

I did comedies for 10 years and I learned a great deal.

~Sally Field

I haven't had an orthodox career.

~Sally Field

I joined the Actors Studio and began to work with Lee Strasberg, and that changed my work.

~Sally Field

I really like cable T.V.

~Sally Field

People, I just want to say, you know, can we all get along?

~Sally Field

I grew up in a show-business family, but we were working-class show business. There was nothing glamorous about it. You had great things one day and the next day, nothing.

~Sally Field

Change is never easy.

~Sally Field

If mothers ruled the world, there wouldn't be any goddamn wars in the first place.

~Sally Field

I'm highly emotional, so I'm highly aware of humiliation.

~Sally Field

Get over it. Get on with your life.

~Sally Field

I've had such an odd career.

~Sally Field

When you're old, you are more certain of who you are, and that may be



a good thing or a bad thing.

~Sally Field

You can't help but feel all the human-rights issues.

~Sally Field

I started to repeat to myself "If I'm not where I want to be, it's because I'm not good enough... yet." Which meant it was up to me.

~Sally Field

The bad thing about being with an actor is that the role he's in stays with him all the time. The good thing about being with an actor - well, I can't think of any good thing.

~Sally Field

I never felt safe. In high school, acting is what I did to stay sane. It wasn't about showing off; it was about revealing parts of myself that I couldn't reveal anyplace else.

~Sally Field

It took me getting to my 50s before I could say "Whatever!" about other people's criticism, especially when it's not true.

~Sally Field

You try to get rid of the things that are weighing you down.

~Sally Field

Louis Armstrong said you have to live a life. And that's right. If you don't live a life, you don't got nothin' to come out your horn.

~Sally Field

I've done some good work and some not-good work.

~Sally Field

'Forrest Gump' is filled full of moments where your heart just cheers.

~Sally Field

Many people must have looked at my life and thought I was quite fortunate. But I felt lousy about myself - and as you now know, I didn't come from a place where I had a lot of self-confidence.

~Sally Field

We just fight our way through it. But you can't just get up and walk out without repeating the behavior over and over.

~Sally Field

Western Costume, and the old Universal wardrobe that is huge and they're getting rid of so much of it now, which is sad.

~Sally Field

I wanted to be Katharine Hepburn-ish - there was a bit of nobility about her.

~Sally Field

I'm looking for a bunch of new tchotchkes that represent the new part of my life.

~Sally Field

I wouldn't mind having my heart broken because it would mean that I had that much feeling connected to somebody. And that would be really great.

~Sally Field

There are some actors who are my contemporaries who I think of as purebreds and I'm not.

~Sally Field

I think when you're reaching outside of something you're comfortable

doing, you're just heading towards a light. I don't think you stop to justify it.

~Sally Field

When you have kept yourself isolated, no one relates to you, you have no way of understanding actually who you are.

~Sally Field

I'm an actor. I'm trying to be the character and do what they're doing.

~Sally Field

The roles... the deep roles that I've gotten to play have turned my course. They've changed my life experience.

~Sally Field

All people want on this earth is to connect with others. Other than eating and sleeping. Human beings need to connect with other human beings. Otherwise, they lose their mind.

~Sally Field

I am such a notorious hermit - almost pathological. And, I'm not a hoarder. But that's just a symptom of things that I do feel.

~Sally Field

Never, ever, have I felt really accepted in Hollywood.

~Sally Field

The opportunities I've had to play really complex characters - which haven't been a lot, but some - you never get over them.

~Sally Field

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