

# Tricia Helfer

## Quotes

*Thinking, People, Animal, Character, Hard Work, Believe, Yoga, Play, Mean, Culture, Fun, Silly, Trying, Sports, Actors, Earning It, Long, Agents, Enjoy, Voice*

I've never gone for the smooth, suave Latin or French lover. That usually makes me think they're trying to pull one over on me.

~Tricia Helfer

People will always put you in a box that they think you fit in, and it's up to you to not fall into it.

~Tricia Helfer

I'm not very good at resting on my laurels. I am a bit of a workaholic, and I like to keep busy and active, so I think that's what drives me.

~Tricia Helfer

It's not hard to draw from within yourself to play someone protective of her daughter. I have animals and I'm a daughter, sister, wife, aunt and friend, and I can be fiercely protective.

~Tricia Helfer

I handle emotional pain by trying to understand that it's going to be painful and to allow for it instead of fighting it. Doesn't make it any easier, though.

~Tricia Helfer

My husband says I like animals more than I like people. I take that as the compliment he means it as.

~Tricia Helfer

Sitcom hours are silly easy compared to drama. Whenever an actor on a sitcom complains, I feel like smacking them!

~Tricia Helfer

I can certainly be my own worst critic and oftentimes forget to enjoy the here and now.

~Tricia Helfer

I am inspired when I see goodness in other people. I am inspired by hard work and honesty. And I am inspired by nature.

~Tricia Helfer

Treating myself is more about just going out and having a great hike, or going on a long motorbike ride.

~Tricia Helfer

I think actors' careers have highs and lows, and ups and downs. It just really all depends.

~Tricia Helfer

I think what I find challenging is just trying to bring a truthfulness and a realism to a character.

~Tricia Helfer

The key to successfully working with each other is that they respect each other and their abilities.

~Tricia Helfer

The most important thing, when playing characters with chemistry, is being able to work off the other actor and be supported.

~Tricia Helfer

Do not expect anything; there is more to be gained by earning it.

~Tricia Helfer

I'd rather play an ass-kicking destroyer or a super strong spy or agent than some meek, vulnerable character.

~Tricia Helfer

If you're doing live-action, you have to learn how to actually do whatever it is that you're doing. If you're doing voice-over, you can fake it.

~Tricia Helfer

I get antsy and annoyed if I am sedentary too long.

~Tricia Helfer

I have always been physically active. I grew up a tomboy and [was] into sports, so staying active is something that I enjoy.

~Tricia Helfer

I eat vegetarian. I am just drawn to clean eating, and although I do not deprive myself of sweets or French fries once in a while, my body just feels better if I give it good fuel to work with.

~Tricia Helfer

I do like to treat myself, I just don't do it very often.

~Tricia Helfer

I think sometimes the hardest obstacle is yourself.

~Tricia Helfer

I am inspired when I see goodness in other people.

~Tricia Helfer

Chemistry is a hard thing. I don't think you can force it, and it doesn't necessarily mean that you have to have great chemistry outside of work. It's just something that sparks on screen or doesn't.

~Tricia Helfer

When I was in high school I thought I was going to university into psychology.

~Tricia Helfer

We only have this one planet; we got to figure out how to live on it without destroying it.

~Tricia Helfer

I just want to be challenged. I want to be proud of what I do, and I want to learn new things and keep growing.

~Tricia Helfer

Ten episodes goes by really quickly, especially when you've got a really tough shooting schedule of seven-day episodes.

~Tricia Helfer

Animals are just as important as we are.

~Tricia Helfer

I'm happy that I have agents and managers that believe in me.

~Tricia Helfer

I've always had a desire to play a cop or FBI agent.

~Tricia Helfer

Sometimes, if you don't have kids yourself, it's assumed you won't understand or know how to play a mom, which is kind of silly if you think about it.

~Tricia Helfer

Work hard, play fair, be kind to all living creatures, and take a moment to just sit back and breathe.

~Tricia Helfer

I lump Canada and the States together. I like good old North American boys.

~Tricia Helfer

I've been living, I've lived in New York since I was 18 years old and traveled pretty much all over the world.

~Tricia Helfer

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