

Matthew Rhys Says He Couldn't Keep Up a Fake Marriage in Real Life



By Brittany Stubbs

As good of an actor as he might be, faking it doesn't continue off-screen for Matthew Rhys. While his character keeps up with fake identity just fine in FX's show *The Americans*, Rhys denies being able to do it himself, according to [People](#). "I get anxiety just playing a fictitious part on a drama series," the actor, who plays a KGB spy posing as an American, told reporters. "When I think of those men who actually live a duplicitous life and have multiple marriages or partners, I don't know how they do it." Good news for the woman in his life!

What do you do if you feel like you're not being yourself in your relationship?

Cupid's Advice:

Nothing is worse than not feeling comfortable in your own skin, especially when it comes to the most intimate part of your life. Cupid has some advice:

1. Reevaluate your partner: If you feel you're not being true to yourself, it's important to consider your partner's influence on this behavior. Are they to blame? If you feel they're making you self-conscious and you can show who you really are, then you might not have met the person fit for you.

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2. Appreciate yourself: Sometimes the only way to allow yourself to be "you" is to remind yourself how great you are. That may sound cheesy, but you're one of a kind, so you might as well take advantage of what you have to offer.

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3. Unveil the mask: The only way to stop acting is revealing who you truly are. Once you start showing the real you, you'll feel more comfortable in both your own skin and your relationship itself.

What do you do if you feel like you're not being yourself in your relationship? Share your thoughts below.