

Celebrity News: Anne Hathaway Shares Past Insecurities



By [Lauren Burczyk](#)

In [celebrity news](#), [Anne Hathaway](#) opens up about her past insecurities, but claims she's an entirely different person now. Hathaway, 36, who has starred in movies for nearly 20 years, admits that her time in the spotlight hasn't always been glamorous. According to *People.com*, during a [celebrity interview](#) excerpted from the latest installment from *The Jess Cagle Interview*, Hathaway said "I did everything wrong for so long," and added that even though her career was flourishing, she suffered from "feelings of inadequacy, insecurity, and nervousness and anxiety."

This celebrity news shows celebrities have the same insecurities we do. Like Anne Hathaway, what are some ways we can conquer these demons?

Cupid's Advice:

Whether we like to believe it or not, celebrities can face some of the same feelings of insecurity as we do. We have some advice on ways to conquer these all-too-common feelings:

- 1. Try not to always blame yourself:** If you're having a severe case of the Monday's and can't seem to accomplish anything at work, think of other reasons that may be affecting your productivity. Instead of blaming it on your inadequacies,

decide if it could've been a poor night's rest causing this or a busy weekend that drained your energy levels.

Related Link: [Celebrity Couple: Emily Blunt & John Krasinski Were Warned About Working Together](#)

2. Accurately identify your insecurities: To overcome your insecurities, it's important to correctly identify what brings on your low self-esteem. Ask yourself a question such as, "What worries or fears are making me feel insecure?"

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3. Reflect on your achievements: Taking the time to look back on everything you've accomplished can help to build your confidence levels. Considering the challenges you were faced with and how you've successfully overcome them is an important step to letting go of your insecurities.

Can you think of any other ways to overcome insecurities? Comment below.