

名人与抑郁症之----金.凯瑞

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本名: James Eugene Carrey 金.凯瑞

生日: 1962年1月27日

出生地: 加拿大安大略湖的纽马克特



家庭: 凯瑞的一家是信奉天主教的法裔加拿大人.父亲名为 Percy(珀西),母亲名为 Kathleen(凯思琳)。他有一个哥哥 John(约翰),两个姐姐 Patricia(帕特丽夏)、Rita(丽塔)。凯瑞结过两次婚,和第一任妻子 Melissa Womer (玛丽莎)育有一女 Jane(简);他与第二任妻子,女演员 Lauren Holly(劳恩霍利)结婚,第二年后离婚。

关于金凯瑞个人生平故事,耀目的职业生涯以及影集可以在以下链接查询:
www.Entertainment.MSN.com

教育: 16岁从阿金库尔学院的高中辍学。

职业: 离开学校后,凯瑞在一些喜剧俱乐部工作。17岁的时候他开始在 The Comedy Club 从事表演,在那里他的才华被 Rodney Dangerfield(罗德尼唐格菲尔德)所赏识并与其签约开始巡回演出。1981年他在电影《Rubberface》(一个很适合他的名称)里首次出演从此踏入电影圈,但是直到十年后才凭着电影《神探飞机头》在票房上大获成功。虽然不被影评家看好,但这部电影却极具商业价值。电影《王牌特派员》令他成为第一个身价达到2千万美元的明星。

抑郁症: 凯瑞夸张生动的肢体技能和千变万化的面部表情深受大众喜爱,可是2004年他在节目“60分钟”里透露他的滑稽搞笑的灵感来自他的“绝望”。他是这样谈起他的青年时代的,“我妈妈一直生病,我想让她感觉舒服一些。我想她卧病在床还要服大量的药,为了让她感觉好点儿,我就表演各种滑稽的表情,撞墙甚至是从楼梯上摔下来的滑稽动作。”

在他16岁时他进入了更艰难的时期。“我家一点点的走下坡路。我们正在贫困线上挣扎。我们都得工作,一家人不得不充当保安或是守门人。我很愤怒,”凯瑞说道:“我为父亲遭遇而愤怒,我想打人。”

尽管凯瑞在表演事业勤奋努力并取得了巨大的成功,他却罹患抑郁症。在60分钟的访谈节目中他解释道:“有高峰就有低谷。于是有开拓就有停滞期,你像是活在一种程度很轻的绝望当中,你找不出什么原因,只是活着,你也能上班,对着

人们展露微笑。但却是一种较轻的绝望。” 凯瑞又进一步坦露道：“我服用百忧解很长时间，它能让我在一段时间里忘记烦恼，但是人始终摆脱不了那种状态。从某一刻起我不得不放弃服药因为我意识到，你瞧，一切都还行。”

他后来再也没有服用过百忧解或是其它抗抑郁药物，反而转用精神的力量代替药物。“我基本上不饮咖啡，坚决远离酒精和毒品。生活很美好。”

英文原文

Name: James Eugene Carrey.

Born: January 17, 1962, Newmarket, Ontario, Canada.

Family: Carrey's family was Catholic, with French Canadian roots. His parents are Percy and Kathleen Carrey. He has three older siblings, John, Patricia and Rita.

Carrey has been married twice, first to Melissa Womer, with whom he had a daughter, Jane, then to actress Lauren Holly. They divorced after one year.

Education: Carrey attended high school at Agincourt Collegiate Institute, but dropped out at the age of 16.

Career: After leaving school, Carrey worked in comedy clubs. At 17 he moved to LA and began working at The Comedy Club, where he was discovered by Rodney Dangerfield and signed to open his shows.

He made his film debut in the aptly titled "Rubberface" in 1981, but didn't experience box office success until a decade later with "Ace Ventura, Pet Detective". Although panned by critics, it was a commercial success. He made headlines with "The Cable Guy", receiving a record 20 million dollar paycheck.

Depression: Best known for his lively physical comedy and almost rubber like facial expressions, Jim Carrey revealed in a 2004 *60 Minutes* interview that the inspiration for his funniness was "desperation".

Carrey said of his youth, "I had a sick mom, man. I wanted to make her feel better. Basically, I think she laid in bed and took a lot of pain pills. And I wanted to make her feel better. And I used to go in there and do impressions of praying mantises, and weird things, and whatever. I'd bounce off the walls and throw myself down the stairs to make her feel better."

At the age of 16 he went through even more difficult times. "My family kinda hit the skids. We were experiencing poverty at that point. We all got a job, where the whole family had to work as security guards and janitors. And I just got angry," says Carrey. "I

was angry at the world for doing that to my father. I wanted to bash somebody's head in, basically."

Even though Carrey worked hard and achieved great success in his career, he still suffered from depression. In the *60 Minutes* interview he explained, "There are peaks, there are valleys. But they're all kind of carved and smoothed out, and it feels like a low level of despair you live in. Where you're not getting any answers, but you're living OK. And you can smile at the office. You know? But it's a low level of despair." Carrey further revealed, "I was on Prozac for a long time. It may have helped me out of a jam for a little bit, but people stay on it forever. I had to get off at a certain point because I realized that, you know, everything's just OK."

He no longer takes Prozac or an other drug, but instead copes through spirituality. "I rarely drink coffee. I'm very serious about no alcohol, no drugs. Life is too beautiful."