

✿ Even Ashley has those days when she'll look in the mirror and not like what she sees!



Ashley Greene reveals:

# “I Have Ugly Days!”

**How Ashley learned to face her insecurities and love her looks.**

In *The Twilight Saga*, we love to see Ashley kick butt on-screen as Alice, but in real life this tough chica often has her own personal battles dealing with her insecurities. “Sometimes I wake up and don’t feel beautiful,” Ashley recently revealed. “It happens all the time!” And the immediate, constant attention that came with her starring role in the vampire flicks only added to her struggle to find confidence from within.

**“It’s scary to be a role model...”**

As Ash’s body blues grew stronger and stronger, she remained quiet about all the negative feelings and thoughts she was having about herself. She didn’t know how to silence the little voice in her head that was telling her she wasn’t

pretty, and she certainly didn’t think anyone would understand what she was going through.



She felt pressure to be someone she wasn’t. “When girls come up and say, ‘You’re my role model,’ it’s really flattering, but it’s also really scary because I’m not perfect,” she opens up. As she went over and over it in her mind, she realized she was forcing these unrealistic ideals on herself. “No one is perfect,”

she admits. “Everyone has their insecurities.” And with this newfound awareness, Ashley finally felt beautiful inside and out.

**“What makes a person beautiful...”**

Ash still has “blah” days here and there, but she’s found a quick cure to beat the bad days. “Getting out in the fresh air helps you focus on everything around you and not so much on yourself,” she explains. And now she knows her own self-worth means more than being called pretty. “I think a lot of what makes someone beautiful is how a person presents themselves. I feel like when someone has a zest for life, they come off vibrant and beautiful,” she spills. “I’ve decided that I have to continue to live my life and do what I do.” What a great attitude! ✿

**twist  
Body  
survey!**

**96**

percent of readers have had a “blah” day.

## How You Feel About You!

TWIST readers spoke up on [twistmagazine.com](http://twistmagazine.com)!

“For each negative thought I have about myself, I think of 4 positive ones.”  
—x0laur3n0x

**Has an insecurity stopped you from doing something?**

**A Yes 89%** **B No 11%**

Confidence is the key to success, so let’s vow to not let our insecurities stand in our way again!

**Do you compare yourself to others?**

**86% Yes**  
**14% No**