

Myth vs Facts: The True Life of Celebrities

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At some point in everyone's life they wanted to be a celebrity. Me personally, it was something I always wanted as a kid. The fame, the glory, the money, who wouldn't want to live that life? From nice expensive cars to walking down the red carpet, being a celebrity is shown to be the highest level of success and happiness. To add on top of that, social media has only enhanced the way people see celebrities making it so that people see the best moments from them. But while the public only see the good parts, it gets a lot more complicated behind the scenes. In reality, celebrity life is not as amazing as we think and a lot of what we think is due to myths and how the media portrays them. It's very nice to watch all the glam and fame but understanding how their lives really are will give you a better understanding of them. Some of the things people think about celebrities are far from the truth. People believe that all celebrities are rich and make loads of money, but some aren't as financially stable as you would think. People think that celebrities love being in the spotlight, but with the spotlight comes many bad things too. Also, people believe that celebrities don't have reasons to be sad and that they won't have any personal problems but that's far from the truth. They are humans, just like the rest of us, and go through the same issues we all do.

Being a celebrity means riches, right? That may be the case for some of them but there are many celebrities that are not as financially stable as we may think. It's not hard to believe that they are rich. With the media constantly portraying celebs to be driving expensive cars and living in mansions, you would think that they all have money. That just isn't the case for some. Although there are the celebs that make millions every year, there are still lots of celebrities that are living in different circumstances. People like to spend money just as much as they like to gain money. Some celebrities aren't wise with their spending habits and end up losing lots of

money. Even some of the biggest celebrities in the world have gone broke before. Micheal Jackson, the “King of Pop” was low on money during his fame. According to *The Independent*, “In 2004, years before Michael Jackson’s untimely death at age 50, his financial advisers had declared that he was all but broke and would be unable to repay a \$70m loan to the Bank of America” (Parkel, 2024). This goes to show that even celebs that are on top of the world aren’t always as wealthy as we think. There are also some cases where celebrities have trusted the wrong person and ended up going bankrupt. “Before he turned 18, Aaron Carter had already made a reported \$200m sum from his music career and various acting jobs on TV and Broadway. However, he later claimed that his parents had mismanaged his finances and left him with only \$2m in his bank account. He also owed \$4m in taxes. In 2013, he declared bankruptcy in the hope of getting a clean slate” (Parkel, 2024). The celebrity world isn’t as nice as it seems and some people can put you in really bad situations if not handled correctly.

We also must take into consideration that being a celebrity doesn't mean being an A-list celebrity, pulling on all these kinds of deals and getting the highest paying movies. Some celebs still get by living paycheck to paycheck and we would never think that. A famous actor could get a big movie and make tons of money but then not get any roles for months to even years. Even without any roles they still have expenses to pay. They don't just stop their expensive lifestyle, so unless they are financially responsible and smart enough to save their money, they could go broke. There is a thought that celebrities love the spotlight. Millions of followers across social media, people knowing you everywhere you go, and your fans idolizing you. This may seem nice on the surface, but many celebrities would much rather live a private life. They can't go anywhere without paparazzi bombarding them, some crazy fans can even turn into stalkers, and false headlines to tear their name down are some of the many reasons celebrities don't like the spotlight.

Some celebs have had horrible encounters with fans, some even having people stalk them. Taylor Swift, one of the most famous singers in the world had a terrifying experience with a stalker. According to *Page Six*, “An obsessed fan of pop singer Taylor Swift lurked around her luxurious Tribeca condo building for the past three months — including on her roof — in the hopes of landing a face-to-face meeting with the star” (Rosenberg, 2017). Although having fans seems like a dream for some people, it can end up being a nightmare to celebrities.

Being famous can feel like a trap. Celebrities usually have to deal with paparazzi, following everywhere they go, asking invasive questions about their personal lives. This may seem like a glamorous life but for many it's just annoying and stressful. Lots of celebs can't even go on walks, go to the grocery store or get some food without people following them spamming photos of them and asking them tons of questions.

The media can be one of the worst things a celebrity has to go through. False articles about them get posted online all the time and some of them, people truly start to believe. These articles can take a mental toll on some celebrities due to the amount of hate they may receive. Cardi B is a famous rapper that has had this happen to her. “YouTuber Latasha Kebe, who goes by Tasha K, made false claims about Cardi to her followers on social media” (Mackenzie, 2022). The claims she made were very serious, stating that “Cardi had exchanged sex for money, used drugs, cheated on her husband, had herpes and HPV” (Mackenzie, 2022) even leading Cardi to sue for defamation. This took a heavy toll on her, “I felt extremely suicidal,” Cardi B said. This goes to show how toxic the media truly is.

Another myth about celebrities is that they don't have any problems and just live a perfect life. This myth might be the furthest from the truth yet. Celebrities, just like us, are humans at the end of the day. All the fame, fortune and fans won't stop them from having real

world issues that every human faces. It may be mental health issues, family drama, relationship problems, or even body image issues. These are regular things that everybody faces but celebs are held to a higher standard, and many believe that they don't have these issues.

Many celebrities deal with their issues in silence, not letting their business be known to the public eye, but some have shared their experiences with people in hopes of shedding light on certain issues. Kanye West, before all his recent controversies, has been one of the most vocal celebrities about his personal issues. “The rapper and entrepreneur discussed his mental health in a 2018 interview with Big Boi, revealing that he wasn’t diagnosed with a “mental condition” until age 39” (Chan, 2025). No matter how famous someone is, they still can have problems of their own.

Many celebrities are held to a high standard online and are expected to act in a certain way and even look a certain way. Lots of celebrities deal with self-consciousness about the way they look due to the pressure of the media. Marilyn Monroe is a great example of this. To lots of people, she is one of the most beautiful women in the world. But to herself she deals with lots of insecurities. “She often scrutinized her body in mirrors, fixating on perceived flaws. Monroe's preoccupation with her looks led to frequent cosmetic procedures and extreme dieting habits” (Our Mental Health, 2023) This goes to show that even the most beautiful celebrities may have insecurities themselves.

To conclude, while celebrity life may seem amazing on the surface, the truth of it isn't as great. From their financial stability, their love for the spotlight or their perfect lives. These ideas are mainly based off myths created by the public eye. Celebrities can struggle just like

we can. They aren't all financially stable, they have some crazy fans and almost all of them deal with personal issues. These things tell us that fame does not equal happiness. Celebrities are human just like all of us. Instead of envying how they live we should acknowledge their struggles and share the same compassion we would for anyone else.

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