

Drink, drugs & delusion

Why celebs are losing it...

If you've ever read about a celeb denying surgery, then marvelled at their massive new boobs, you'll know celebs fool themselves. **Sugar** finds out why...

There's something about celebs – however weird and wonderful their lives are, many seem unable to identify fact from fiction. Their everyday lives are an endless whirlwind of the extraordinary, from free designer clothes, photoshoots and swanky meals, to luxury travel in private jets to exotic destinations. But while their very existence would be a dream for most of us, many of these A-listers are busy dreaming up massive chunks of their lives.

When Lindsay Lohan jumped behind the wheel of her car, apparently heavily intoxicated, she declared to her passengers they had nothing to worry about: "I'm a celebrity, I can't get in trouble," she allegedly boasted. Unluckily for Lindsay, now facing the possibility of a jail stint for her second DUI (Driving Under the Influence) this year, her delusion of immunity from police action could have very serious consequences. Says one Hollywood insider, "It wasn't a matter of needing to drive. Lindsay can have a driver, a limo, whenever she wants. It was just that she honestly thinks she's untouchable. She's lost touch with reality in a really frightening way."

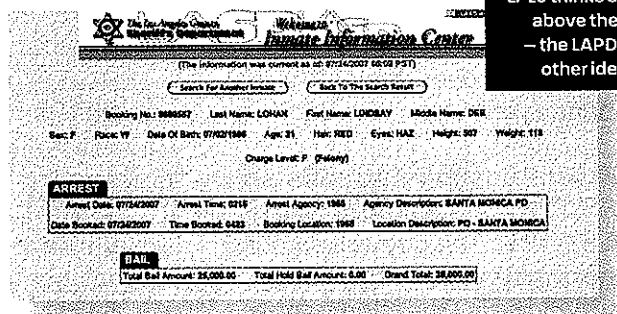
But while Lindsay's actions were extreme, she's certainly not alone when it comes to fooling herself about her A-list life. We all watched stunned as Charley Uchea tore

into her *BB* housemates this summer, was evicted, returned to the house to deafening boos yet still seemed convinced she was the most popular contestant on the show.

But, according to celeb photographer David Buchan, this is just the tip of the iceberg: "The problem is celebrities exist in their own little bubble. While you or I have a few good friends who will tell us if we're letting our imaginations get away from us, celebs often don't have that. The people around them tell them exactly what they want to hear."

And, according to *BB* psychologist Cecilia d'Felice, the nature of showbiz encourages this kind of delusional behaviour: "Celebs need to be admired. This stems from insecurity, so when they are criticised, their psychological defence mechanisms kick in. Rather than accept they've behaved badly, they act like they've done nothing wrong. They push away their fears, so they can maintain the illusion of being loved that's so key to their existence."

Li-Lo thinks she's above the law – the LAPD has other ideas...

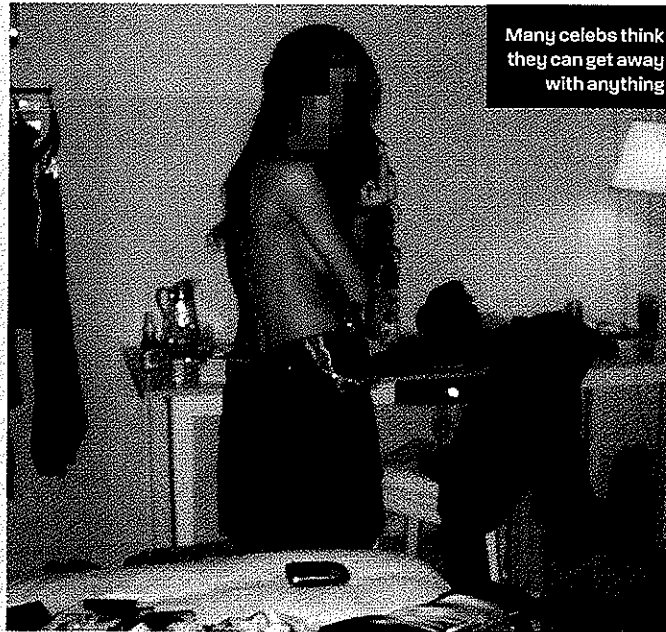


Sugar scoured Hollywood to discover how the biggest stars are fooling themselves:

THE CELEB: A TV actor
THE WITNESS:

A stunned make-up artist

THE STORY: This actor happened upon an exclusive Hollywood party. "He was star-struck to see Jennifer Aniston, Cameron Diaz and Sienna Miller and was too nervous to talk. But when telling his castmates about the party, he said he'd been smoozing with all the celebs at the bar. Some of the crew knew it was all invented, but he didn't seem bothered. He believed the stories he was telling and nobody corrected him."



world, how dare she take a picture of him. The girl was so shocked she couldn't even tell him she didn't know who he was."

THE CELEB: A very skinny A-list actress
THE WITNESS: Her former personal assistant

THE STORY: "Body delusions are rife in Hollywood but this one's a bit different, because this actress thinks she eats like a pig. But the truth is she exists on a bizarre diet of egg whites and green vegetables. She spends the day going on about how hard it is not to be able to keep any weight on."

THE CELEB: A successful singer
THE WITNESS: A toilet attendant at a top London hotel

THE STORY: "Whenever this star stays in our hotel, she holds meetings in the restaurant. She comes into the toilets whenever she wants to make a phone call and locks herself in a cubicle – I think she calls a friend or family member. Every time she makes this call she's completely overexcited, telling them she's having dinner with this amazing Hollywood director, producer or casting agent, and that they want her to be the lead role in a movie. Every time she says, 'This is going to make me a movie star.' She's convinced that she's going to be a Hollywood star even though it hasn't happened yet."

THE CELEB: A huge Brit pop star

THE WITNESS: LA fitness trainer

THE STORY: "This guy walks around like he owns the place, but nobody knows who he is. One afternoon he

left the gym and noticed a couple of female fans with cameras. They were actually waiting for Matthew Perry from *Friends*. He ran right up to one girl and screamed at her that she was the rudest 'f***ing' person in the whole

I thought she was covering up an eating disorder, but she honestly thinks what she eats constitutes a lot. Her image of reality is so distorted she believes her excuses. In her mind it's a problem with keeping weight on."

DELUSIONAL DO'S AND DON'TS

Big Brother psychologist Cecilia d'Felice reveals the key signs of delusional behaviour – and how to deal with them

⊕ **Delusional people will employ 'selective attention' where they only remember the positives in a situation. This allows them to gloss over negatives, and focus on positives, even if there is only a grain of truth in them!**
⊕ **They will also minimise their behaviour to put it into**

(a false) perspective. So Lindsay Lohan might go out and get wasted, afterwards claiming she only had a couple of drinks.
⊕ **If you know someone who's falling for their own lies, don't criticise as this will only activate their delusional defence mechanisms and they**

will play the role they see themselves in, in their head.
⊕ **Dig beneath the delusion by asking how they're feeling (rather than what they've done), and check they're happy, rather than judging them. Remember they believe what they're saying.**