

《《穿普拉达的女王》安妮·海瑟薇自曝曾流产》

Anne Hathaway has recently opened up about a challenging moment in her personal journey towards motherhood. The Oscar-winning actress revealed that she suffered a miscarriage in 2015 while performing in a play that required her to simulate childbirth onstage every night.

安妮·海瑟薇最近勇敢地分享了自己在成为母亲的道路上所经历的一个艰难时刻。这位奥斯卡获奖女演员透露，她在2015年参演一部要求她每晚在舞台上模拟分娩的戏剧时，不幸流产了。



In an interview with Vanity Fair, Hathaway bravely shared her heartbreaking experience. “ The first time it didn ’ t work out for me. I was doing a play and I had to give birth onstage every night, ” she said, her voice filled with emotion.

在接受《名利场》杂志采访时，海瑟薇深情地讲述了自己这段心碎的经历。“ 第一次并没有成功。当时我正在演一部戏，每晚都得在舞台上分娩， ” 她充满感情地说道。

The miscarriage occurred during a six-week run of the one-woman off-Broadway show “ Grounded. ” Hathaway admitted that it was difficult to keep her emotions in check

while pretending everything was fine onstage. “ I had to keep it real with my friends when they visited me backstage after performances, ” she explained.

这次流产发生在她主演的为期六周的百老汇独角戏《Grounded》期间。海瑟薇承认，在舞台上假装一切正常时，她很难控制自己的情绪。“演出结束后，朋友们来后台看我时，我不得不向他们坦白自己的真实感受。”

The actress went on to say that once she had successfully gone through pregnancy and childbirth, she wanted to share her story with other women. “ You don ’ t have to always be graceful. I see you and I ’ ve been you, ” she tearfully told her “ sisters. ”

这位女演员接着说，当她成功怀孕并顺利生产后，她希望与其他女性分享自己的故事。“你们不必总是表现得那么优雅。我看到了你们，我也曾是你们中的一员。”她眼含热泪地对她的“姐妹们”说道。

“ It ’ s really hard to want something so much and to wonder if you ’ re doing something wrong, ” Hathaway added, expressing the frustration and confusion that many women feel when facing fertility challenges.

“非常渴望某件事，却不知道自己做错了，这真的很难。”海瑟薇补充道，表达了许多女性在面临生育挑战时感到的沮丧和困惑。

The actress also emphasized that she didn ’ t want to feel ashamed of her experience, pointing out that miscarriages are statistically quite common. According to the Mayo Clinic, about 10% to 20% of known pregnancies end in miscarriage, and the actual figure is likely even higher.

海瑟薇还强调，她不想为自己的经历感到羞耻，并指出流产在统计学上其实相当普遍。根据梅奥诊所的数据，大约10%到20%的已知妊娠会以流产告终，而实际数字可能更高。

Hathaway ’ s candor about her miscarriage has struck a chord with many, as it highlights the importance of normalizing conversations about fertility and pregnancy loss. Her story is a reminder that everyone ’ s journey to parenthood is unique and often filled with unexpected challenges.

海瑟薇坦诚地谈论自己的流产经历，引起了许多人的共鸣，因为这突显了将生育和妊娠损失问题正常化的重要性。她的故事提醒我们，每个人的为人父母之路都是独一无二的，往往充满了意想不到的挑战。