

ASTON "MY AGGRESSION IS ALL BOTTLED UP"

"My aggression is all bottled up. Boys do store up their feelings, but for me it's worse as I'm being watched by so many people all the time. So even if people are giving us grief, I have to keep my composure, which isn't always easy, as I believe you should always confront bullies.

"If I ever see someone winding up the boys, I get really angry. I've got the shortest fuse in the group and get riled up so quickly. When we started going to clubs after The X Factor, we'd get loads of attention, but the nasty kind. People would shout, 'JLS are s***!' in our faces, or say that we were gay. That's not an insult, but the people saying it meant it as one. Idiots. I used to react and front up to them, saying, 'Who the hell are YOU to say this to me, you don't know me, you don't know anything about my life.'

"I wasn't used to it. I didn't realise it was just stupid blokes jealous of all the attention we were getting from girls.

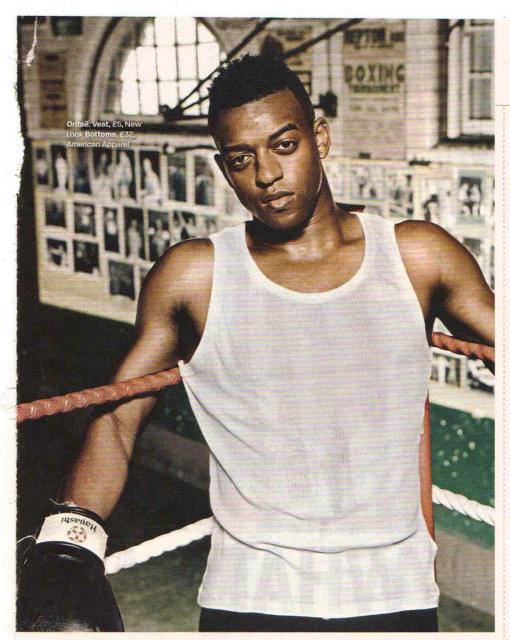
The boys would have to rein me in, JB and Marvin would grab me, tell me to calm down and pull me away. But now I can just brush it off and let it go, because I'm used to it. I don't acknowledge the aggro now, I have tunnel vision and just keep focused on what's important."

JB "WE CAN'T LET OUR PRIVATE LIVES AFFECT THE GROUP"

"I never get wound up by strangers.
I'll only get affected by people who
are close to me, because what they
think actually matters to me.

"When JLS started, I fell out with some of my old mates. We'd been trying to make it for a year and a half before we went on *The X Factor*. We were always rehearsing or trying to get gigs, and people just didn't understand. The boys would get annoyed that I wasn't hanging out with them – they thought I was ditching them. So did my girlfriend. It's one of the reasons we ended up splitting.





She didn't understand why I was away a lot. My friends now are solid. I might not see them for a year, but when we're back together, we pick up where we left off. That's the sign of a good friendship.

"We're always under so much pressure in JLS. The real struggle comes if we're tired, or have something going on in our private lives. We can't let it affect us as a group. Like, you've got stuff going on at home but you still have to show up at a boxing ring at 8 am and "I get abused smile. It can be hard. Luckily, by groups of I can control my emotions. boys who often Of course there are things we disagree on - like there carry knives" are business decisions we don't see eye to eye on - but it would be ridiculous to bring

those issues into our friendship with

each other. Like with family, you might disagree with them but you still sit round the dinner table together. Close friends should be an extension of your family. JLS has that. We understand each other."

MARVIN "I HELD MYSELF BACK TO AVOID HASSLE"

"I'm the most chilled of the group.
It takes a lot for me to lose my rag.
I used to go out of my way to
avoid confrontation when

I was at school. I didn't take music or drama on purpose because I knew if I did, i'd be the favourite, which would have wound people up. So I took home economics. I will

never, ever get riled up. I just won't let myself. I try to avoid any hassle for myself or anyone else. Even when we were constantly told there was no place for a black boy band in the UK, I wouldn't let it get to me. I'm very chilled out, but also we have so much more to lose, more than other people. I'm not going to risk JLS by doing something stupid.

"I don't get why people like Kristen Stewart moan about being famous. Come on, it's amazing! I've got near and had it taken away from me in the past, so I'm determined not to do anything to risk it."

ORITSÉ "I HAD TO LEARN TO FIGHT BACK"

"I'm from a bad area and I've always been an easy target, both now that I'm a pop star and when I was younger, because I was a total geek. I used to have a hat with a wind propeller on the front and solar panels on the back. I got beaten up a lot.

"I really liked this girl at school and a guy told me to back off, but I didn't. We were both 11, but he was huge and I was tiny. He caught me in the boys' bathroom and threw me against the wall. That's when I started Thai boxing.

"I still get bullied now, and I still get really angry and wound up. I expect to need my martial arts training all the time, because I get into dangerous situations. It's 'cause I find it hard to remember I'm famous. I'm from a rough area and I still wander around on my own at night forgetting that people know my face. Then I get abused by groups of boys who often carry knives.

"Not long ago, eight guys came into this shop behind me, sang Everybody In Love sarcastically and said, 'Let's jack his stuff. Go on, take his s***.' I was shaking and sweating, but I just stood in front of the biggest guy in the group and stared at him. As soon as they see weakness, it's over. In the end, he said 'Let's allow it,' and they walked out.

"Part of my martial arts training is to talk my way out of danger, or walk away. Not fight. But I find that really hard because it's so UNFAIR."

● Check out the new JLS album, Outta This World, out now