

# Ed Helms

## Quotes

*Hangover, Thinking, Fun, Character, People, Kind, New York, Play, Crazy, Mean, Way, War, Office, Years, Real, Stupid, Running, Two, Song, Giving*

I feel like I'm worried about my later years in life because I feel like I'm using up so much good karma right now. There's going to be some sort of karmic backlash somewhere down the road.

~Ed Helms

So long as your desire to explore is greater than your desire to not screw up, you're on the right track.

~Ed Helms

Don't be afraid of fear. Because it sharpens you, it challenges you, it makes you stronger; and when you run away from fear, you also run away from the opportunity to be your best possible self.

~Ed Helms

This may come as a surprise, given the nature of my job, but I am very guarded and contemplative. I'm not a naturally boisterous person.

~Ed Helms

I wish there was a way to know you were in the good old days before you actually left them.

~Ed Helms

I've been to Indonesia, but I've never been to Thailand. I hear the people are lovely, the food is delicious, and that the heat and humidity are lethal.

~Ed Helms

First there was the New Hampshire primary, and we had nearly a year leading up to it. And now, look! Three primaries in one weekend! How many of these things are they going to have?

~Ed Helms

You are literally too stupid to insult.

~Ed Helms

Vulnerability is huge. I love to see that in characters. It's something I feel like a lot of my comedic heroes have always done.

~Ed Helms

When you try hard at everything you do, even when it feels foolish to do so, you're opening up doors and possibilities you might not be seeing in the moment.

~Ed Helms

Chickens are a symbol of chaos. Wherever you stick a chicken, unless it's a chicken farm, it's just chaos.

~Ed Helms

Who among us wouldn't rush out and buy a Pepsi if we thought it would make the Osborne's disappear?

~Ed Helms

Improvisation is about finding the best joke or the silliest way to get something across. Improvising conflict is always fun because you can just go for it.

~Ed Helms

I think that music at inappropriate times with inappropriate volumes can be the funniest thing ever.

~Ed Helms

There is something beautiful in the mundane if you take enough microscope to it and focus in on something that seems innocuous to begin with.

~Ed Helms

Alcohol causes conflicts, firearms resolve conflicts.

~Ed Helms

Shouldn't EVERY week be Infection Control Week?

~Ed Helms

I told personal stories the way [Bill] Cosby would spin a yarn for ten minutes. I think in hindsight it works better as a long story than as a condensed monologue.

~Ed Helms

Whenever I've messed around with radio-controlled things, there's always been a part of me that's thought, I wonder if there might actually be a little guy piloting these vehicles.

~Ed Helms

You see a lot of sides of people on a movie set because it can be really taxing and to kind of go through all that together - you really get to know someone.

~Ed Helms

The biggest thing that comes out of improv that gets built on is just character traits. You know, for me the singing was born out of improv.

~Ed Helms

Working on The Daily Show, I co-produced all those field segments, and that's another huge thing. I probably did more than 100 field segments.

~Ed Helms

Sometimes you just create a joke out of thin air in the editing room. So I'm really glad I've had that experience. It gives me a little more confidence in front of the camera.

~Ed Helms

As much as you do get beat-up doing even small action sequences, it's incredibly fun.

~Ed Helms

I'm pretty sure no one's reading action scripts saying, 'This has got to be Ed Helms.'

~Ed Helms

I'm kind of embarrassed by how quickly I adjusted to L.A. I really love it. It's so pleasant.

~Ed Helms

I happen to think singing is hilarious, especially when it pops out at the wrong time.

~Ed Helms

When you're playing a fictional character reacting to the real world, it's incredibly difficult and confusing and kind of messes with your values a bit.

~Ed Helms

There are currently more political parties in Iraq than unbombed buildings to hold them.

~Ed Helms

I'm a very jaded and cynical person.

~Ed Helms

It's kind of hard to win most elections on anti-family, immorality, and Satan-worship.

~Ed Helms

I'm sure I cause just as much consternation for editors as any other actor, it definitely makes me feel more comfortable understanding how and why all the different camera setups exist.

~Ed Helms

As an editor, you're constantly dealing with the best way to convey an exchange between two people. So when I'm shooting, I'm just aware in the back of my head what an editor might want.

~Ed Helms

It was never tough [ being the new guy]. It's just the warmest group of people [The Office stuff] you could ever hope to work with.

~Ed Helms

The improv stuff, that's always surprising so a lot of times that's really funny.

~Ed Helms

I'm the worst in The Office. It's a problem. They've had to shut down the set for like 30 minutes because of me.

~Ed Helms

There really aren't any deletes [in The Hangover movie]. There's like one or two deleted scenes but they're not important or meaningful scenes.

~Ed Helms

No one employed [ chaos] better than Jim Henson, by the way, on The Muppets. He had all these chicken Muppets that just brought in the most glorious chaos to whatever scene they were a part of.

~Ed Helms

Let's just say it was damn hard [to make the Hangover]. I've got the bumps and bruises to show for it. It's funny because things that don't even look that bad on screen were still extremely painful.

~Ed Helms

That's actually a rare thing to be on a set full of people that you admire and make you laugh all the time.

~Ed Helms

I've always been into toys and kits and models. I'm kind of a toy nerd.

~Ed Helms

When I was 15 I lost a tooth and had an implant put in. Cut to 20 years later, I'm doing this part [Andy Bernard] and the script calls for my character to lose a tooth.

~Ed Helms

I had envisioned doing comedy since childhood. For sure.

~Ed Helms

It has been said that a rolling stone gathers no moss. I would add that sometimes a rolling stone also gathers no verifiable facts or even the tiniest morsels of journalistic integrity.

~Ed Helms

I love travel. I love to go spend time in new places. And even though I got horribly sick in Thailand, and it was the sickest I may have ever been in my life, I still loved the trip.

~Ed Helms

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~Ed Helms

People now genuinely respond to it and associate me with music. It's really fun.

~Ed Helms

Probably my favorite thing about watching a movie that I'm in the first time is to see all the things I didn't know were happening in a scene around me.

~Ed Helms

With the tiger you're always on edge, and you always have to keep your distance. The monkey is far less threatening so you're more relaxed around the monkey, and I think that's actually hazardous.

~Ed Helms

The Daily Show was an incredible training ground for that kind of thing. It was all about discipline and generating material constantly.

~Ed Helms

The piano song that I do in the movie [The Hangover], it's a great example, that was never - that wasn't in the script.

~Ed Helms

They [Mike Tyson and Todd Phillips] actually struck up a really pretty incredible chemistry, those two, and I think they really trusted each other.

~Ed Helms

Todd [Phillips] doesn't care. That's part of his genius as a director, he will say anything to anybody.

~Ed Helms

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~Ed Helms

[I read news] because no one's going to tell me what they really think of something.

~Ed Helms

As a hobbyist, there's something about miniature anything that captures my imagination.

~Ed Helms



I think the culture of Civil War re-enacting is also incredibly fascinating.

~Ed Helms

I have profound respect for Sacha Baron Cohen, but Borat is not a particularly comfortable movie for me to sit through.

~Ed Helms

I cannot stress this enough - if you try to install an HDTV in a non-HDTV compatible house, you may tear the space-time continuum.

~Ed Helms

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