

# Seth Rogen Quotes

*People, Thinking, Ideas, Guy, Pineapples, Jobs, Mean, Real, Fun, Character,  
School, Writing, Girl, Years, Actors, Weed, Trying, Kids, Laughing, Awards*

I grew up in Vancouver, man. That's where more than half of my style comes from.

~Seth Rogen

People don't usually wanna kill me for one of my movies until after they've paid 12 bucks for it.

~Seth Rogen

It's not dying you need to be afraid of, it's never having lived in the first place.

~Seth Rogen

Please don't wear skinny jeans if you don't have skinny genes.

~Seth Rogen

Claiming that someone's marriage is against your religion is like being angry at someone for eating a donut because you're on a diet.

~Seth Rogen

You want to create an environment where we're fostering ideas, not rejecting them.

~Seth Rogen

I feel much more comfortable as a writer than an actor. I feel like I am a much better writer than I am an actor.

~Seth Rogen

Most comedy comes out of misery.

~Seth Rogen

I don't think all of my ideas are good. It's almost easier when people are critical of you because it helps with the quality control.

~Seth Rogen

After every single take, I laugh. It's my own awkwardness and discomfort about being an actor.

~Seth Rogen

Even vegetables have feelings in our world.

~Seth Rogen

People constantly make pop-culture references. That's why it's called popular culture, because people are aware of it and reference it constantly.

~Seth Rogen

My mom drives me crazy sometimes, but I have a good relationship with her.

~Seth Rogen

When I was a little kid, I used to say, "I would rather host the Oscars than win an Oscar." To me, that seemed like the more appealing, fun gig.

~Seth Rogen

I don't even have a stalker. I'm just not the guy that people stalk.

~Seth Rogen

As soon as I realized you could be funny as a job, that was the job I wanted.

~Seth Rogen

To me it's a mystery that you can show the horrific things in the movies, but not some sexual stuff which everyone does.

~Seth Rogen

I met Evan Goldberg at bar-mitzvah class. It was called tallis and tefillin.

~Seth Rogen

For a Jewish mother, having a country wage war on your son is the worst. If Kim Jong-un only knew what he was doing to my mother!

~Seth Rogen

We don't often have the luxury of time [in Steve Jobs movie ]to have these conversations where you just literally get to sit around for day and days and analyze every line of dialogue.

~Seth Rogen

I am lazy, but for some reason, I am so paranoid that I end up working hard.

~Seth Rogen

I do believe in monsters oddly enough. I think they're under my bed. But aliens are ridiculous; monsters I think are real completely though.

~Seth Rogen

I'm a complete coward in real life.

~Seth Rogen

Shutting people down creatively often doesn't get the best performance out of them.

~Seth Rogen

I did karate for a really long time, almost 10 years when I was younger.

~Seth Rogen

A TV show is constant work, which is the great thing about it.

~Seth Rogen

We live in a world where in the movie you can disembowel someone in a youth hostel in Romania, but you can't show people having sex. I

think it's weird.

~Seth Rogen

I think around that time I met David [Gordon Green] or, well, we all met at Superbad and Judd [Apatow] said, 'I'm thinking about having him direct [Knocked Up].' Sounded like a good idea.

~Seth Rogen

In my sick brain, gruesome violence and comedy go as hand-to-hand together as anything else in the world.

~Seth Rogen

Uh, stay fat people - That's my motto. It's no picnic!

~Seth Rogen

I'm intimidated anytime I work with someone who's directly outside my very insulated group of friends.

~Seth Rogen

You don't have to put dresses in a movie to make girls like it.

~Seth Rogen

If there was any drug that was to symbolize the people that ate our heroes, it seems like bath salts was a good idea. It's also a drug that, I think, is still funny to a lot of people.

~Seth Rogen

It always seems crazy to tell people what to expect. That never works! So, I don't know what to say, other than that they can expect me.

~Seth Rogen

It's nice to win an award, I would assume. I've never won one, but I would imagine it's great. I have no idea what I'll do.

~Seth Rogen

It's important to see your parents as individuals. As a son or as a daughter you don't stop and think that your parents might have their own expectations, dreams or disappointments.

~Seth Rogen

The original idea [ of the Pineapple Express] came from Judd [Apatow] actually. He just kind of had the loose notion of like, 'What about a weed action movie?'.  
~Seth Rogen

~Seth Rogen

I hadn't really done a comedy other than The Ape since Freaks and Geeks.

~Seth Rogen

There is no such thing as a villain. It's the others who are wrong. In as much, all villains are the same.

~Seth Rogen

I would only date a 15 year old high school girl.

~Seth Rogen

[ I watched ] Spicoli in Fast Times, which isn't exactly a stoner movie, or The Big Lebowski, which I think is more than a stoner movie or Brad Pitt in True Romance.

~Seth Rogen

I watched a lot of pot movies before we did this [Pineapple Express]. My favorites were always the characters in movies that weren't necessarily in stoner movies.

~Seth Rogen

It was really fun [on set of the Pineapple Express]. I mean, how could I not have fun? It was exactly what you think it would be.

~Seth Rogen

Those are the movies that we [with Evan Goldberg] always wanted to make. Pulp Fiction, Reservoir Dogs, the kind of movies where violence and comedy and characters kind of work together really well.

~Seth Rogen

Vegans are murderers, just like everyone else.

~Seth Rogen

The good thing about L.A. is that there's always someone more famous 100 yards away from me.

~Seth Rogen

I feel no sympathy for my food.

~Seth Rogen

Steve Wozniak admittedly would never like say the things he said to Steve Jobs [in the movie] in the context that he said them.

~Seth Rogen

I always thought realistic was a better way to explain things that were "dramedies" because life is like that. It's funny, it's dramatic and to me that's how I see it.

~Seth Rogen

I work under the assumption that, generally speaking, my taste and the taste of the Oscar voters are not one in the same.

~Seth Rogen

Sometimes what you lose in the time it takes to let an actor do something that you don't like as a director, you gain in not shutting them down creatively by telling them their idea sucks.

~Seth Rogen

All my friends are talented enough to get nominated for awards. I just

am always surprised when things and people I like are also liked by things like the Oscars.

~Seth Rogen

It's always funny to find what people's button is.

~Seth Rogen

I watch a lot of TV. I love nothing more than having a good TV show on DVD, to just plow through.

~Seth Rogen

Luckily, due to my own ego, probably, I'm always quicker to blame other people.

~Seth Rogen

The great thing about reading for Quentin [Tarantino] is you're not reading for him, he's reading with you. So he sits right next to you.

~Seth Rogen

This s - t [smoked on scenes] called Wizard Smoke. I didn't like it. [James] Franco didn't have that hard of a time with it. Franco will smoke anything.

~Seth Rogen

Good comedy doesn't have to be a comedy idea.

~Seth Rogen

I didn't think I'd ever be an actor.

~Seth Rogen

I don't make the best movies in the world, but at times, I do feel like I'm adding something to the cinematic community.

~Seth Rogen



I mean, I love Comic-Con.

~Seth Rogen

I honestly don't love the Cheech and Chong movies, I've got to say.

~Seth Rogen

I eat well, and I exercise.

~Seth Rogen

We kind of have some ideas for sequels. The movie [Sausage Party] ends in a way that implies a next chapter.

~Seth Rogen

I don't weigh myself.

~Seth Rogen

Making [Pineapple Express] was a blast. I'd kind of gotten to the point professionally where I was pretty emotionally exhausted from making dramatic films.

~Seth Rogen

We really wanted it to be an action movie. Those are the movies that we love. We're big fans of like Shane Black movies, when we were younger - me and Evan [Goldberg].

~Seth Rogen

Are we gonna just make movies about trying to get laid over and over again or focus on something that's more relevant?

~Seth Rogen

I go to the theater, all the time. I'm not one of these secret movie, watch a 35mm print in my living the weekend it comes out guys. I'm not Jon Bon Jovi. I go to the Arclight, like a regular asshole.

~Seth Rogen

Like Toy Story, the joke is all about exploring the secret world of these various everyday objects.

~Seth Rogen

I remember when I got my first Adam Sandler CD and it was the funniest thing I'd ever heard in my entire life, and continues to be.

~Seth Rogen

I mean, where I come from, 'communism' is not a terrible word.

~Seth Rogen

You have to plan a lot and you have to be really smart about how you're spending your money.

~Seth Rogen

I'm the person who writes most of my movies so every role is exactly what I want to be doing.

~Seth Rogen

Every time I improvise I'm aware that I could be ruining what it is that we're doing and we'll just have to do it again.

~Seth Rogen

There's just nothing funnier than, like, a guy awkwardly explaining to another guy that he's hurt his feelings, and then later, awkwardly, you know, forgiving him for doing that.

~Seth Rogen

If you take a tube TV to a donation center, they won't accept it.

~Seth Rogen

I'm a process server, so I have to wear a suit.

~Seth Rogen

I'm used to really struggling and facing a hard time to get things going, until I'm comfortable at all with them.

~Seth Rogen

I know most people don't like their jobs very much and don't get a lot of personal satisfaction from their jobs. That's something that I really do get a lot of.

~Seth Rogen

I guess it's a kind of a goal for any actor to be the lead of a movie. Not for ego reasons, but because it is creatively the biggest challenge.

~Seth Rogen

For me to act natural and real but also try to be funny while doing that is hard.

~Seth Rogen

Really, if I'm honest, sci-fi is where my sensibility instinctively goes - I'm a big comic-book fan.

~Seth Rogen

It's much more painful to bomb in front of a group of your peers than it is to not win. Tons of assholes ain't winning awards, but only one guy will be bombing. So, that's much more nerve-wracking.

~Seth Rogen

I liked action movies. Jean-Claude Van Damme was a major influence on me at that point in my life.

~Seth Rogen

My characters come from a good place.

~Seth Rogen

Oftentimes what happens actually is people say to me, 'I didn't know if it

was you or not, and then I heard you laugh, and then obviously I could tell it was you.'

~Seth Rogen

The current Babe Ruth of improv? Sacha Baron Cohen. He's pretty amazing.

~Seth Rogen

People make fun of what I'm eating because they can tell I hate it. They know I am not happy eating healthy food. I look miserable - I look like I would rather be eating something else.

~Seth Rogen

I feel like if I won an award and I was giving my speech and the music started, that's all I'd remember, the humiliation I felt when the music started. It would mar the entire experience for me.

~Seth Rogen

To me, what separates a funny movie from a good movie is something personal.

~Seth Rogen

I'm actually way more funny now, because I'm hungry... If comedy comes from pain, I should be funnier now than I ever was.

~Seth Rogen

If I were directing a movie, it would scare me.

~Seth Rogen

To me, always just - that scene is, like, so convenient. They never run out of bullets in action movies, unless it's at the most dramatic time possible.

~Seth Rogen

In "Superbad," I carry a gun, but I didn't get to shoot it that much.

~Seth Rogen

When we grew up in Vancouver our friends were - I don't know if I'd say callous, but we had a very, you know, harsh relationship with one another; we'd constantly make fun of each other.

~Seth Rogen

If you ask most high schoolers who Bruce Lee is, they will say that it someone they sit next to in English class.

~Seth Rogen

Just always be extremely respectful, was something that was drilled into me, which I think probably prevented me from having sex for a good seven years longer than it should have.

~Seth Rogen

I remember, when I was an up-and-coming comic, how annoyed I would be when the famous guys would show up and just take everyone's spots.

~Seth Rogen

When it came to, like, appropriate behavior towards one another, it was - I was well-versed.

~Seth Rogen

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