Liquor before beer. Never fear. Don’t do heroin.

Psychologist to change a lightbulb

Marriage changing

Drowning

Doctor was a woman

Fool me once, shame on you, but teach a man to fool me, and I'll be fooled for the rest of my life.

Please Diane, tell me that I'm good

Bagels? Pizza? Hipsters? Urine? Am I in Minneapolis

It's always nice to be included in a sentence someone says.

Life is but an endless series of missed opportunities, some involving Pottery Barn.

Henrietta, don’t use a foreign language in front of the child, she’ll get ideas!

Fool me once, shame on me. Fool me twice, fiddledy-dee!

He called us a mob! Let's kill him!

Cat's in the Cradle

Always a Clydesdale, never a Clyde.

Gimme a bottle of something to forget my problems

Why is it so daytime right now

Now if you'll excuse me I need to go take a shower so I can't tell if I'm crying or not

It doesn't matter. Nothing matters

It doesn't matter where you are, it's who you are, that's not gonna change whether you're in California or Maine or New Mexico. You know, you can't escape you

The key to being happy isn't a search for meaning. It's to just keep yourself busy with unimportant nonsense, and eventually, you'll be dead.

There is no shame in dying for nothing

There has been another mass shooting. I am totally unqualified to cover a news story this important, but as a straight white male, I will plow forward with confidence and assume I’m doing fine!

Abortion - diverse panel

Shooting abortion

Not understanding that you’re a horrible person doesn’t make you less of a horrible person.

I don't understand how people....live. It's amazing to me that people wake up every morning and say 'yeah! Another day! Let's do it!' How do people do it? I don't know how.

You’ve got to get your shit together. So yesterday you let yourself fall in love a little bit and got your heart broken. Serves you right for having feelings. Starting now, you are a hard, heartless career gal. Go to work, be awesome at it, and don’t waste time on foolish flights of fancy. From now on, you are a robot.

When you get sad, you run straight ahead and you keep running forward, no matter what. There are people in your life who are gonna try to hold you back, slow you down, but you don’t let them. Don’t stop running and don’t ever look behind you. There’s nothing for you behind you. All that exists is what’s ahead.

In real life, big gestures aren’t enough. You need to be consistent. You need to be dependably good. You need to do it every day.

Just pretend you are happy and eventually you’ll forget you’re pretending.

See, Sarah Lynn? We’re not doomed. In the great grand scheme of things, we’re just tiny specks that will one day be forgotten. So it doesn’t matter what we did in the past, or how we’ll be remembered. The only thing that matters is right now, this moment, this one spectacular moment we are sharing together.

I think there are people that help you become the person you end up being, and you can be grateful for them even if they were never meant to be in your life forever.

Sometimes life’s a bitch and then you keep living.

You do the hokey pokey, and you turn yourself around. That’s what it’s all about.

The universe is a wild beast. You can’t tame it. All you can do is try to live inside it.

You’re not entirely sure what things will be like when you get home, but maybe that’s good, because that means anything could happen.

You need to go after what YOU want. You gotta fly into that sun, like Amelia Earhart did.

there are no good guys, or bad guys, we're all just... guys, who do good stuff sometimes and bad stuff sometimes

You are responsible for your own happiness

You are a beautiful salad bowl.

Can we at least stop for some road sodas? I don't want to go through the ordeal of sobering up and getting drunk all over again.

The only way out is through.

He's probably just razzin' ya. But he's a good dog. All bark, no bite. Oh, sorry! That's a labrador expression. I guess in human terms it would be: he's all talk, no shooting you with an assault rifle.

It’s so sad that when you see someone as they really are, it ruins them

You like being there to rescue me. Because it makes you feel good about yourself -- when you’re good at putting out fires you just run from fire to fire

**RESPONSIBILITY**

It gets easier. Every day it gets a little easier. But you gotta do it every day -- that’s the hard part. But it does get easier.

Bojack: No, man. I think I’m just a dumb asshole. Can’t it just be that? The closer: When you do bad things, you have something you can point to when people eventually leave you. It’s not you, you tell yourself. It’s that bad thing you did. Do you often keep people at arm’s length? Are you afraid of being known and knowing others?

You know what's wrong with Greg kinglear? He's a marionette and he doesn't even know someone else is pulling his strings.

Everyone was worried about you, you know. You can’t just disappear. You really hurt a lot of people.

That's the thing. I don't think I believe in deep down. I kinda think that all you are is just the things that you do.

**RELATIONSHIPS**

Taneisha, nobody completes anybody. That’s not a real thing. If you’re lucky enough to find someone you can hallway tolerate, you sink your nails in and don’t let go no matter what.

When you look at someone with rose colored glasses all of the red flags just seem like flags

Thank you, exactly: settle! Because, otherwise, you're just gonna get older and harder and more alone. And you're gonna do everything you can to fill that hole- with friends and your career and meaningless sex, but the hole... doesn't get filled. And one day you're going to look around and you're going to realize that everybody loves you... but nobody likes you. And that is the loneliest feeling in the world.

Taneisha, nobody completes anybody. That’s not a real thing. If you’re lucky enough to find someone you can hallway tolerate, you sink your nails in and don’t let go no matter what.

Kelsey, in this terrifying world, all we have are the connections that we make. I’m sorry I got you fired, I’m sorry I never called you after

I'm not for other people, i'm barely even for me

**HAPPINESS**

It happened again. Why do I keep thinking things will make me happy. What is wrong with me

Bojack, don’t do this. Don’t fetishize your own sadness

It’s not about being happy, that is the thing. I’m just trying to get through each day. I can’t keep asking myself “Am I happy? “ It just makes me more miserable. I don’t know If I believe in it, real lasting happiness, All those perky, well-adjusted people you see in movies and TV shows ? I don’t think they exist.

I don’t know what to tell you. I’m happy for the first time in my life and I’m not gonna feel bad about it. It takes a long time to realize how truly miserable you are and even longer to see it doesn’t have to be that way. Only after you give up everything can you begin to find a way to be happy

**CHANGE**

And I realized people don’t change because they want to change. They change because they have to change.

You can’t keep doing this. You can’t keep doing shitty things and then feel bad about yourself like that makes it okay. You need to be better

You are all the things that are wrong with you. It’s not the alcohol or the drugs or any of the shitty things that happened to you in your career or when you were a kid. It’s you. Alright, it’s you.

After I almost drowned, I decided I would never again be weaker than water, so I became a lifeguard. On my first day of training, my instructor told me that there are going to be times when you'll see someone in trouble. You're going to want to rush in there and do whatever you can to save them, but you have to stop yourself. Because there are some people you can't save. Cause those people will thrash and struggle, and try to take you down with them.

You know the old joke about how many therapists does it take to screw in a lightbulb and the answer is one, but the lightbulb has to want to change?