



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #376

Dr. Gary Chapman

Written more than two decades ago and with more than 20 million copies in print, "*The 5 Love Languages*" by Dr. Gary Chapman is known worldwide and has become a cultural phenomenon with its popularity recently exploding on TikTok!

The concept continues to help strengthen marriages around the world as couples learn to communicate better by speaking each other's "love language."

The book is so popular that it's been on the New York Times bestsellers list since 2007 and has been translated into more than 50 languages!

In this episode, I had the opportunity to interview Dr. Chapman where we talk about the secret to love that lasts and how determining your love language and three simple [Productive Pause](#) questions can help improve the way you love and be loved.

Listen as Dr. Chapman shares with us his passion for people and for helping form lasting relationships. Hit play now!

Top Quotes From This Episode

"The deepest emotional need we have as humans is the need to feel loved by the significant people in our lives."

"Love is a choice. If you understand the concept and you make the choice, 'I'm not going to speak their love language,' then you're making the choice to live with a person who has an 'empty love tank.'"

"Don't assume that if you know your love language in a family relationship, it will be the same at work, because it may not be."

"If you're going to have a healthy marriage, you have to keep love alive, meet the need for love, and you have to deal with your failures by apologizing and the other person forgiving."

"Manage your anger in a positive way rather than letting your emotional anger control you, because you make things worse when you let the anger control you."

Show Notes

This episode touches on the following key topics and ideas:

- **The origin of The 5 Love Languages (1:35):** How Dr. Chapman's counseling experience gave birth to a cultural phenomenon.
 - **What are the five love languages (4:28):**
 1. Words of Affirmation
 2. Acts of Service
 3. Receiving Gifts
 4. Quality Time
 5. Physical Touch
 - **What's your love language? (6:09):** Dr. Chapman talks about having Words of Affirmation as his primary love language.
 - **Learning the "dialects" (8:14):** How to satisfy other people's love language.
 - **Putting in the work (11:17):** Dr. Chapman believes *"love is a choice."*
 - **3 questions to improve your marriage (12:44):**
 1. What can I do to help you?
 2. How can I make your life easier?
 3. How can I be a better spouse?
 - **Change is possible (16:45):** How the seasons of life change your primary love language.
 - **Love vs Appreciation (17:50):** The language you use for your personal relationships (family and friends) vs work relationships.
 - **TikTok popularity (20:01):** Dr. Chapman on why "The 5 Love Languages" remains relevant today.
 - **Failures in marriage (21:10):** How [Productive Pause](#) can help fix your marriage.
 - **Sorry seems to be the hardest word (24:52):** *"Real men apologize."*
 - **On successful couples (27:14):** The two essentials to have long-term, healthy relationships.
- What's an action item the listener can take in the next 24-48 hours? (28:33)**
- Read "[The 5 Love Languages.](#)" take [The Love Language Quiz](#), and share the results with your partner.

List of Resources Mentioned in the Episode

[Check out Dr. Gary Chapman's books](#)

[Quizzes to strengthen your relationships](#)

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Guest Website and Social

Dr. Gary Chapman

[Website](#) | [Twitter](#) | [Facebook](#) | [Instagram \(The 5 Love Languages\)](#)