

QBQ: The Question Behind The Question

From a book authored by John G. Miller

Questions are an important part of learning. In fact, questions are essential for learning. It is important to not only ask questions, but to ask the right questions. This is what *QBQ: The Question Behind The Question* is about.

The answers one receives from asking questions impacts the future. More important, the way a question is framed and conveyed impacts the future. The way questions are asked can be empowering or disempowering. If anyone wants to strive for optimal results in their lives, learning to ask the right questions the right way is essential.

Life poses many challenges. Brain injury poses many challenges. Some challenges are insurmountable and others are surmountable. Posing the right questions the right way as a person with brain injury can make some degree of difference in your life.

Consider the following questions:

- 1) Why can't I receive transportation services so I can be more mobile in my life?
- 2) The current transportation policy for people with disabilities is not good in my view. Who is to blame for this policy?
- 3) When are they going to fix it?

Now, consider these questions:

- 1) What can I do to ensure that I receive transportation services so I can be more mobile in my life?
- 2) How can I determine who the person in charge of the current transportation policy is so I can convey my concerns about the policy?
- 3) What can I do to develop potential solutions to the problems related to the transportation policy?

Which set of questions sounds more empowering? Which set of questions could lead to better outcomes?

So, what is the formula for asking the right questions the right way? Answer:

- 1) Begin with "What" or "How" (not "Why," "When," or "Who").
- 2) Contain an "I" (not "they," "them," "we," or "you").
- 3) Focus on action.

The main principles in effect here are personal responsibility and accountability. People with brain injury certainly do not want brain injury. Regrettably, they have the responsibility of addressing the many challenges brain injury poses. To address the responsibility, people with brain injury need tools. One of the tools is the wisdom to ask the right questions the right way. Although asking the right questions the right way may not address all the concerns a person with brain injury has, the right questions asked the right way can be helpful in facilitating maximum quality of life.

Begin using the QBQ format today! See what happens.