

QBQ! The Question Behind the Question

What to Really Ask Yourself to Eliminate Blame, Victim Thinking, Complaining and Procrastination

Presented by Kristin E. Lindeen

The QBQ! Defined:

QBQ® (The Question *Behind* the Question) is a tool for
L _____—at *all* levels—to practice *Personal*
A _____ by making *better* C _____
in the moment.

The QBQ! is a practical tool because it has 3 guidelines. A QBQ:

1. Begins with "What" or "_____."
2. Contains an "_____."
3. Focuses on _____.

QBQs don't begin with:

"Why": V _____ Thinking, or "When": P _____, or "Who": _____

Crucial Quotes for QBQ Parents:

My child is a _____ of my parenting.

Parenting is a _____ skill.

_____ is the most powerful of all teachers.

Humility is the _____ of leadership.

***Raising
outstanding
children isn't
easy, but it can
be done!***

The QBQ way.

**Personal
accountability**
begins at home
with responsible
parenting. In a
world that seems
completely
lacking in
accountability
and personal
responsibility,
moms and dads
can make a
difference by
practicing
personal
accountability in
their parenting
on a daily basis.

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