

# Certified Peer Recovery Specialist (CPRS) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which document guides ethical behavior for peers in the program?**
  - A. Code of Ethics**
  - B. Service Charter**
  - C. Privacy Policy**
  - D. Mission Statement**
  
- 2. Which relationship is discouraged by ethical guidelines for a PRS?**
  - A. Professional mentor relationships with peers**
  - B. Romantic or sexual relationships with peers**
  - C. Friendships with peers**
  - D. Supervisory relationships**
  
- 3. What are the four components needed to tell your recovery story?**
  - A. Overcame, Learned, Gained, Doing now to keep your goal**
  - B. Overcame, Learned, Gained, Reflecting back**
  - C. Overcome, Learn, Gain, Doing now to maintain goal**
  - D. Overcame, Learns, Gains, Doing now to keep your goal**
  
- 4. Which of the following is NOT a type of support offered by peer recovery specialists?**
  - A. Financial Support**
  - B. Emotional Support**
  - C. Informational Support**
  - D. Instrumental Support**
  
- 5. Which action is required when you observe a Code of Ethics violation by another CPRS?**
  - A. Document the violation in the file**
  - B. Report violations of the Code of Ethics by other CPRS to the appropriate certifying entity**
  - C. Keep violations confidential**
  - D. Report violations to the client**

- 6. What foundational element underpins all peer support interactions?**
- A. Relationship**
  - B. Policy**
  - C. Education**
  - D. Authority**
- 7. What term describes groups a peer feels they belong to, defined by ethnicity, gender, sexual orientation, identity, kinship networks, geographic regions, religious affiliations, jobs and professions, physical ability or disability, life experiences, and social and economic classes?**
- A. Cultural background**
  - B. Cultural heritage**
  - C. Cultural identity**
  - D. Subculture**
- 8. What should you do with prejudices and opinions to practice good listening?**
- A. Keep Prejudices & Opinions**
  - B. Ignore the Speaker Entirely**
  - C. Set Aside Prejudices & Opinions**
  - D. Argue Your Opinions**
- 9. Effective listening: acknowledge emotional state**
- A. Past Events**
  - B. Emotional State**
  - C. Physical Appearance**
  - D. Future Intentions**
- 10. In the Cost/Benefits step, what is asked about if the problem is resolved?**
- A. Benefits in the Short-Term and Long-Term**
  - B. The Short-Term and Long-Term Costs**
  - C. Time to Resolve**
  - D. Legal Consequences**

## Answers

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1. A
2. B
3. A
4. A
5. B
6. A
7. C
8. C
9. B
10. A

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## **Explanations**

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**1. Which document guides ethical behavior for peers in the program?**

- A. Code of Ethics**
- B. Service Charter**
- C. Privacy Policy**
- D. Mission Statement**

Guidelines for professional conduct and ethical decision-making are being tested here. The Code of Ethics lays out the standards for how peers should behave, including boundaries, confidentiality, respect, and accountability. It serves as the practical guide for navigating ethical situations in the program and keeping practice safe and trustworthy. Among the options, this is the one that directly prescribes ethical behavior. A Service Charter focuses on service delivery and rights, a Privacy Policy focuses on handling personal data, and a Mission Statement explains the organization's purpose—none of these provide the specific behavioral standards for peers. For example, the Code of Ethics would explain when confidentiality can be shared, how to obtain consent, and how to handle dual relationships.

**2. Which relationship is discouraged by ethical guidelines for a PRS?**

- A. Professional mentor relationships with peers**
- B. Romantic or sexual relationships with peers**
- C. Friendships with peers**
- D. Supervisory relationships**

Maintaining professional boundaries is essential in peer support. Romantic or sexual relationships with peers are discouraged because they blur personal and professional roles, creating risks of exploitation, coercion, or bias and undermining trust and the integrity of the recovery process. Such relationships can impair judgment, threaten confidentiality, and damage both individuals and the program. Other peer relationships like professional mentorship, friendships, or properly managed supervisory relationships are generally acceptable when boundaries stay clear and the focus remains on recovery and professionalism.

**3. What are the four components needed to tell your recovery story?**

- A. Overcame, Learned, Gained, Doing now to keep your goal**
- B. Overcame, Learned, Gained, Reflecting back**
- C. Overcome, Learn, Gain, Doing now to maintain goal**
- D. Overcame, Learns, Gains, Doing now to keep your goal**

When you tell a recovery story, you want a clear arc that shows the past actions and the ongoing commitment. The four parts that fit this are: what you overcame, what you learned, what you gained, and what you're doing now to keep your goal. Overcoming describes the obstacles you faced and the victory you achieved, which shows resilience and motivation. Learning captures the insights you gained from that experience—how your thinking or approach changed. Gaining refers to the tangible improvements—skills, supports, resources, or functioning—that came with the process. Doing now to keep your goal highlights the ongoing steps you take in the present to maintain progress and prevent relapse. This structure uses consistent tense: the first three parts are in the past to reflect completed milestones, while the fourth is present continuous, signaling active maintenance. The other options mix tenses or emphasize retrospective reflection in a way that doesn't foreground the ongoing upkeep as clearly, which is why they don't fit as well.

**4. Which of the following is NOT a type of support offered by peer recovery specialists?**

- A. Financial Support**
- B. Emotional Support**
- C. Informational Support**
- D. Instrumental Support**

Financial support is not a type of support offered by peer recovery specialists. They provide emotional support (listening, empathy, encouragement), informational support (sharing resources, guidance on recovery options), and instrumental support (practical help like coordinating transportation, appointments, or accessing services). They can help connect you to financial resources or benefits, but they don't provide direct financial assistance themselves.

**5. Which action is required when you observe a Code of Ethics violation by another CPRS?**

**A. Document the violation in the file**

**B. Report violations of the Code of Ethics by other CPRS to the appropriate certifying entity**

**C. Keep violations confidential**

**D. Report violations to the client**

When you observe a Code of Ethics violation by another CPRS, the required action is to report it to the appropriate certifying entity. This ensures the issue is reviewed by an impartial body with authority to investigate and take appropriate corrective or disciplinary steps. Reporting upholds professional standards, protects clients, and maintains public trust in the CPRS profession. Keeping it confidential or handling it privately does not trigger accountability, and reporting to the client is not appropriate because the client may be vulnerable and the matter needs formal review. It's also wise to document the incident factually and follow the certifying entity's reporting procedures as part of the process.

**6. What foundational element underpins all peer support interactions?**

**A. Relationship**

**B. Policy**

**C. Education**

**D. Authority**

The foundational element in all peer support interactions is the relationship—the trustworthy, nonjudgmental connection built on shared lived experience, respect, and authenticity. This relational ground makes it possible for someone to feel safe enough to share, engage, and collaborate on recovery goals, guiding how you listen, validate, and empower choice. Policies and education matter, but they don't create the day-to-day trust and connection that enable effective support; authority can create power imbalances that hinder empowerment. So, the relationship itself is what underpins every peer support interaction.

**7. What term describes groups a peer feels they belong to, defined by ethnicity, gender, sexual orientation, identity, kinship networks, geographic regions, religious affiliations, jobs and professions, physical ability or disability, life experiences, and social and economic classes?**

**A. Cultural background**

**B. Cultural heritage**

**C. Cultural identity**

**D. Subculture**

Cultural identity is the sense of belonging to groups defined by ethnicity, gender, sexual orientation, identity, kinship networks, geographic region, religion, occupations, physical ability or disability, life experiences, and social and economic class. This reflects how a person internally sees themselves within those groupings and who they feel they belong to. Cultural background describes where someone comes from and the influences shaping them; cultural heritage is the legacy of traditions and practices passed down; subculture refers to a distinct group within a larger culture with its own norms. Cultural identity best captures that enduring sense of belonging across multiple groups.

**8. What should you do with prejudices and opinions to practice good listening?**

**A. Keep Prejudices & Opinions**

**B. Ignore the Speaker Entirely**

**C. Set Aside Prejudices & Opinions**

**D. Argue Your Opinions**

Setting aside prejudices and opinions is essential for good listening because it lets you hear the speaker's message without bias. When you suspend your own judgments, you can focus on what's being said, understand the speaker's perspective, and pick up on emotions or concerns behind the words. This helps you ask clarifying questions, reflect accurately, and respond with empathy, which builds trust and safety—critical in peer recovery work. Holding onto biases can distort what you hear, interrupt the speaker, or shut down honest communication. Ignoring the speaker or insisting on your own opinions stops true listening altogether, so the best approach is to set aside prejudices and opinions to listen effectively.

## 9. Effective listening: acknowledge emotional state

### A. Past Events

### **B. Emotional State**

### C. Physical Appearance

### D. Future Intentions

Focusing on the speaker's emotional state is essential in effective listening because it validates what they're feeling and shows that you're attuned to their experience. When you acknowledge the emotion, you demonstrate empathy, which helps build trust and safety in the conversation. This kind of response signals that you're not just hearing the words, but also understanding the impact those words have on the person's inner experience. By reflecting the emotion—like saying, "It sounds like you're feeling really frustrated"—you encourage them to go deeper, share more, and feel less alone with their feelings. In peer recovery settings, this validation can reduce defensiveness, de-escalate tension, and create a foundation for meaningful support and collaboration. Past events focus on what happened rather than how the person feels about it in the moment, so they don't address the emotional experience directly. Physical appearance isn't relevant to understanding or supporting the speaker's current feelings, and commenting on it can be distracting or intrusive. Future intentions are about plans rather than the present emotional state, so they don't acknowledge the person's current affect. By centering on the emotional state, you stay with the person's present experience and open the door to authentic connection and recovery-focused dialogue.

## 10. In the Cost/Benefits step, what is asked about if the problem is resolved?

### **A. Benefits in the Short-Term and Long-Term**

### B. The Short-Term and Long-Term Costs

### C. Time to Resolve

### D. Legal Consequences

In the Cost/Benefits step, you focus on what positive results will occur if the problem is resolved, looking at both immediate (short-term) and lasting (long-term) benefits. This helps show the value of solving the issue over different timeframes, not just right away. The other options would shift focus to costs, how long solving it might take, or potential legal issues, which aren't the central question when assessing benefits after resolution.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cprs.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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