

CERTIFIED PEER RECOVERY SPECIALIST (CPRS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. What is the second characteristic of good questions?

- A. Open-Ended and Honest
- B. Harsh Judgement
- C. Deep Attentiveness
- D. Clarity and Brevity

2. What should a PRS strive to do when working with peers?

- A. Explore, open-ended questions, rather than making assumptions
- B. Ask leading questions
- C. Use closed yes/no questions
- D. Make assumptions

3. Peer supports facilitate which of the following?

- A. Change
- B. Stability
- C. Conflict
- D. Regression

4. In the Actions step, what must you do?

- A. Select the 1-2 Best Solutions from the Brainstorm and Define the Actions to Start
- B. Propose a General Plan
- C. Assign Blame
- D. Conduct a Survey

5. Which statement best captures Scope of Practice?

- A. I will perform tasks outside my area only if required
- B. I will always work outside my area
- C. I will not perform services outside of my area of services, training, and expertise, or scope of practice.
- D. I will avoid any training beyond my current role

- 6. In effective listening, where should you sit?**
- A. Behind the Speaker
 - B. Standing
 - C. Far Away
 - D. Appropriately Close to the Speaker
- 7. In Active Listening, what should you be?**
- A. Self-Directed and Focus on Tasks
 - B. Other-Directed and Focus on the Person
 - C. Self-Directed and Focus on Personal Agendas
 - D. Other-Directed and Focus on the Environment
- 8. In the recovery process, at which stage are people most vulnerable to re-traumatization?**
- A. Stabilization Phase
 - B. Recovery Milestones
 - C. Impact of Illness (First Stage)
 - D. Transition Phase
- 9. Which is described as a core resource among the eight principles?**
- A. A Wellness Toolbox
 - B. A Medical Toolbox
 - C. A Personal Toolbox
 - D. A Memory Toolbox
- 10. Which guideline states that participation in peer support should be voluntary?**
- A. Freely Choose to Give/Receive Support
 - B. Time-bound Involvement
 - C. Mandatory Involvement
 - D. Confidential Status

Answers

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

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Explanations

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1. What is the second characteristic of good questions?

- A. Open-Ended and Honest
- B. Harsh Judgement
- C. Deep Attentiveness**
- D. Clarity and Brevity

Deep attentiveness means being fully present in the conversation—really listening, noticing what's not said as well as what is, and responding with care. In peer recovery work, this stance matters because it creates a safe space where the person feels seen and heard. When you approach a question with deep attentiveness, you pause before replying, reflect back what you're hearing, ask thoughtful clarifying follow-ups, and validate the person's feelings without rushing to solutions. That presence invites deeper sharing, helps you understand what truly matters to them, and supports you in offering support that fits their recovery journey. Open-ended questions and honesty are valuable on their own, but without deep attentiveness they can feel like just another box to check rather than a meaningful, relational exchange. Harsh judgement undermines trust, and while clarity and brevity improve communication, they don't guarantee the listener is truly engaged with the person's experience.

2. What should a PRS strive to do when working with peers?

- A. Explore, open-ended questions, rather than making assumptions**
- B. Ask leading questions
- C. Use closed yes/no questions
- D. Make assumptions

When working with peers, the best approach is guiding the conversation with open-ended questions rather than making assumptions. This keeps the focus on the peer's own experience, needs, and goals, and it supports their sense of control over their recovery. Open-ended questions invite richer sharing, helping you understand what matters most to the peer, what barriers exist, and what steps they want to take. This fits recovery-oriented practice and a peer-centered approach that values lived experience and collaborative decision-making. By asking open-ended questions, you explore the peer's perspective without steering or prematurely labeling their situation, building trust and rapport. In contrast, leading questions push toward a specific answer, yes/no questions limit detail, and making assumptions can misread the peer and harm the relationship. So, focusing on open-ended questions is the most effective way to support peers.

3. Peer supports facilitate which of the following?

- A. Change**
- B. Stability
- C. Conflict
- D. Regression

Peer supports facilitate change by helping individuals move toward recovery, adopt new coping skills, and pursue personal goals. Through lived experience, they offer hope, validate experiences, and model strategies that shift thoughts, behaviors, and daily routines in ways that support ongoing growth. This focus on progress and empowerment means the emphasis is on making meaningful changes rather than simply preserving the current state, preventing backward steps, or fueling conflicts. While stabilization, conflict resolution, or avoiding regression can occur as part of the recovery process, the core aim of peer support is to foster change that advances recovery and well-being.

4. In the Actions step, what must you do?

- A. Select the 1-2 Best Solutions from the Brainstorm and Define the Actions to Start
- B. Propose a General Plan
- C. Assign Blame
- D. Conduct a Survey

In the Actions step you turn ideas into concrete, starting work. You select the top 1–2 solutions from the brainstorm and define the initial actions to begin implementing them. This means choosing the most doable, impactful options and outlining specific steps, who will do them, and when to start. For example, if the brainstorm suggested reaching out to a peer mentor and creating a coping checklist, you would pick the two best options and specify the first tasks, such as contacting the mentor by Friday and drafting the coping checklist to begin next week. The other options aren't the focus here: proposing a general plan is too vague to start action, assigning blame isn't constructive or relevant to solving the issue, and conducting a survey is about gathering information rather than launching concrete steps.

5. Which statement best captures Scope of Practice?

- A. I will perform tasks outside my area only if required
- B. I will always work outside my area
- C. I will not perform services outside of my area of services, training, and expertise, or scope of practice.
- D. I will avoid any training beyond my current role

Scope of practice is about staying within the boundaries of what you are trained, qualified, and authorized to do. It protects clients and you by ensuring services are provided only within your area of training and expertise, and within your professional scope. The statement that best captures this is the commitment to not perform services outside your area of services, training, and expertise, or scope of practice. This reflects the core idea: you work only within what you're prepared to do, and you seek referral or supervision when a need falls outside your competence. In practice, if something comes up that's beyond your training, you pursue appropriate training or refer to a more qualified professional, and you continue to expand your skills only when you have proper education and permission to do so. The other options conflict with this boundary: one suggests doing outside your area only if required, which risks safety and ethics; another implies always working outside your area, which is not acceptable; and another discourages pursuing additional training, which would limit safe, competent care.

6. In effective listening, where should you sit?

- A. Behind the Speaker
- B. Standing
- C. Far Away
- D. Appropriately Close to the Speaker

Proximity matters in effective listening because where you sit affects both what you hear and how well you pick up nonverbal cues. When you sit at an appropriate distance, you can hear the speaker clearly, catch tone, pace, and pauses, and observe facial expressions and body language that add meaning to their words. This visibility and audibility help you respond with empathy and accuracy, which supports trust and safety in recovery-focused conversations. Sitting behind the speaker blocks your view of facial expressions and body language and can feel disrespectful or disengaged. Standing can disrupt the flow of the conversation and make it harder to maintain steady eye contact and connection. Being far away reduces sound quality and makes it difficult to notice cues that convey important feelings or concerns. So, the best choice is to be at a comfortable, appropriate distance to engage fully without invading personal space.

7. In Active Listening, what should you be?

- A. Self-Directed and Focus on Tasks
- B. Other-Directed and Focus on the Person**
- C. Self-Directed and Focus on Personal Agendas
- D. Other-Directed and Focus on the Environment

Active listening means you tune in to the other person and center the conversation on their message, feelings, and needs rather than your own thoughts or surroundings. Being other-directed and focusing on the person reflects that emphasis on the speaker, which helps the person feel heard and understood. You show this by giving full attention, maintaining open body language, nodding, reflecting back what you hear, asking clarifying questions, and validating emotions. This approach builds trust and rapport, which are crucial in recovery support work. Choosing to direct attention toward your own tasks or agendas moves the focus away from the speaker, making it harder to understand their experience. Similarly, concentrating on the environment shifts attention from the person to external factors rather than the message being shared.

8. In the recovery process, at which stage are people most vulnerable to re-traumatization?

- A. Stabilization Phase
- B. Recovery Milestones
- C. Impact of Illness (First Stage)**
- D. Transition Phase

Re-traumatization is most likely when current experiences closely echo past trauma and the person's sense of safety is at its weakest. In the Impact of Illness (First Stage), individuals are hit with overwhelming symptoms, a sudden loss of control, and limited coping resources. The body's stress response is highly activated, so reminders or sensations tied to past trauma—like medical procedures, hospital settings, or invasive exams—can reopen old wounds. Because safety planning and grounding skills are just beginning, there's less protection against these triggers, making re-traumatization more probable at this point. As stabilization builds safety and coping, and later phases focus on transition and progress, the environment strengthens resilience and reduces vulnerability to re-traumatization.

9. Which is described as a core resource among the eight principles?

- A. A Wellness Toolbox**
- B. A Medical Toolbox
- C. A Personal Toolbox
- D. A Memory Toolbox

Wellness Toolbox is the central resource because it provides a personalized, practical set of coping strategies the person can use daily to stay well, manage stress, and prevent relapse. It's built with the client's strengths, preferences, and supports and treated as a living resource that can be updated as needs change. By focusing on daily wellness and resilience rather than only clinical symptoms, it empowers self-management and autonomy—the heart of peer recovery work. It can include a wide range of tools: grounding techniques, routines, social supports, meaningful activities, and self-care practices, all tailored to the individual. Other toolboxes tend to center on specific domains like medical management or memory aids, which don't capture the broad, proactive scope that makes the Wellness Toolbox the foundational resource.

10. Which guideline states that participation in peer support should be voluntary?

A. Freely Choose to Give/Receive Support

B. Time-bound Involvement

C. Mandatory Involvement

D. Confidential Status

Participation in peer support should be voluntary. This principle centers on autonomy and consent, making sure individuals freely decide when and how they engage in giving or receiving support. When participation is voluntary, people are more likely to be open, engaged, and honest, which builds trust and enhances the effectiveness of the support relationship. In CPRS practice, this means offering options, clearly explaining what involvement involves, and honoring a person's decision to start, pause, or stop at any time. This voluntary approach protects safety and empowerment, recognizing that recovery is a personal journey and that pressure or coercion can undermine trust. The other concepts don't fit as the best answer because time-bound involvement deals with duration, mandatory involvement implies coercion, and confidential status concerns privacy rather than whether participation is voluntary.

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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.

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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