

Rhode Island Recovery Coach Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. Post-traumatic stress disorder (PTSD) is categorized as what type of disorder?**
 - A. A mood disorder.**
 - B. A personality disorder.**
 - C. An anxiety disorder.**
 - D. A developmental disorder.**

- 2. How should a recovery coach handle client confidentiality?**
 - A. Share all information with other coaches**
 - B. Only disclose information upon a client's consent or as required by law**
 - C. Keep all details public for transparency**
 - D. Disclose any information if it benefits the client**

- 3. What is one way a recovery coach assists clients in developing coping strategies?**
 - A. Ignoring their triggers**
 - B. Identifying triggers**
 - C. Giving them generic advice**
 - D. Focusing solely on past behavior**

- 4. What aspect of recovery coaching involves avoiding dual relationships?**
 - A. Maintaining professionalism**
 - B. Encouraging personal connections**
 - C. Sharing client details with friends**
 - D. Promoting casual interactions with clients**

- 5. Which stage of the Stages of Change Model is characterized by the lack of intention to change?**
 - A. Action**
 - B. Pre-contemplation**
 - C. Contemplation**
 - D. Maintenance**

6. What is the primary role of a recovery coach?

- A. To provide clinical treatment for mental health issues**
- B. To support individuals in building a fulfilling life in recovery from substance use disorders**
- C. To conduct assessments and diagnose substance use disorders**
- D. To intervene in crises involving substance use**

7. Which peer support domain is focused on educating individuals?

- A. Recovery/wellness support**
- B. Mentoring and education**
- C. Advocacy**
- D. Informational Support**

8. How do values contribute to recovery coaching?

- A. They detract from an individual's motivation**
- B. They serve only as guidelines for behavior**
- C. They enhance motivation and commitment to recovery**
- D. They are irrelevant to the recovery process**

9. What is the primary role of a recovery coach?

- A. Providing therapy for substance use disorders**
- B. Offering financial support to clients**
- C. Providing support, guidance, and advocacy for individuals in recovery**
- D. Administering medication to clients**

10. Why is building a rapport with clients essential for recovery coaches?

- A. It creates a barrier to communication**
- B. It reduces clients' motivation**
- C. It enhances trust and engagement**
- D. It limits client openness**

Answers

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

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Explanations

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1. Post-traumatic stress disorder (PTSD) is categorized as what type of disorder?

- A. A mood disorder.
- B. A personality disorder.
- C. An anxiety disorder.**
- D. A developmental disorder.

Post-traumatic stress disorder (PTSD) is categorized as an anxiety disorder because it primarily involves excessive fear, anxiety, and avoidance behaviors that can result from experiencing or witnessing a traumatic event. Individuals with PTSD may experience symptoms such as flashbacks, severe anxiety, uncontrollable thoughts about the trauma, and emotional numbness. These symptoms significantly disrupt daily functioning and lead to heightened psychological distress. Anxiety disorders, including PTSD, share common characteristics such as persistent worry, fear, and the body's heightened response to stressors. The classification of PTSD within this category reflects the central role that anxiety plays in the disorder's symptomatology and its impact on an individual's mental health. Understanding this classification is crucial for the development of effective treatment approaches, which often include therapy focused on managing anxiety and coping with trauma.

2. How should a recovery coach handle client confidentiality?

- A. Share all information with other coaches
- B. Only disclose information upon a client's consent or as required by law**
- C. Keep all details public for transparency
- D. Disclose any information if it benefits the client

Handling client confidentiality is one of the most critical aspects of a recovery coach's role. By choosing to disclose information only upon a client's consent or as required by law, the recovery coach demonstrates respect for the client's autonomy and trust. This practice fosters a safe and supportive environment, which is essential for effective coaching and recovery. Clients are more likely to share sensitive information when they know it will be kept confidential. Maintaining confidentiality not only protects the client's privacy but also aligns with ethical standards established in the helping professions. There are specific legal requirements that mandate certain disclosures, such as when there is an immediate risk of harm or in cases of abuse. However, beyond these legal obligations, it is crucial to ensure that clients are always informed and in agreement about what information can be shared, thus reinforcing trust and collaboration in the coaching relationship. In contrast, the other options undermine client confidentiality and trust. For example, sharing all information with other coaches disregards the client's right to privacy and can damage the therapeutic relationship. Keeping details public for transparency can create a breach of confidentiality, while disclosing information simply because it could benefit the client can lead to misuse of sensitive information and a lack of trust.

3. What is one way a recovery coach assists clients in developing coping strategies?

- A. Ignoring their triggers
- B. Identifying triggers**
- C. Giving them generic advice
- D. Focusing solely on past behavior

Identifying triggers is a crucial component of the recovery process. A recovery coach assists clients by helping them recognize and understand their personal triggers—situations, emotions, or environments that may lead to substance use or other maladaptive behaviors. This understanding enables clients to develop effective coping strategies tailored to their specific needs. By pinpointing what specifically influences their behaviors, clients can proactively work to avoid or manage these triggers. Furthermore, this identification allows for the formulation of action plans that include healthy responses and alternative coping mechanisms when faced with such triggers. In contrast, ignoring triggers would leave clients vulnerable, while giving generic advice or focusing solely on past behavior would not address the specific challenges they face in their recovery. Overall, identifying triggers empowers clients to take an active role in their recovery and equips them with the tools necessary to achieve sustainable change.

4. What aspect of recovery coaching involves avoiding dual relationships?

- A. Maintaining professionalism**
- B. Encouraging personal connections
- C. Sharing client details with friends
- D. Promoting casual interactions with clients

Maintaining professionalism in recovery coaching is crucial, particularly when it comes to avoiding dual relationships. A dual relationship occurs when a coach has more than one kind of relationship with a client, which can create conflicts of interest and compromise the integrity of the coaching process. This principle is rooted in ethical guidelines that emphasize the importance of establishing clear boundaries to protect both the client and the coach. When recovery coaches adhere to professional boundaries, they ensure that their focus remains solely on the client's recovery and well-being. This separation helps maintain the trust necessary for an effective coaching relationship, as it prevents any overlapping personal relationships from impacting the professional engagement. Such adherence allows for a clearer, more objective perspective in coaching, thus supporting the client's journey toward recovery without outside complications. Balancing professionalism in this way is essential for fostering a safe and supportive coaching environment.

5. Which stage of the Stages of Change Model is characterized by the lack of intention to change?

- A. Action**
- B. Pre-contemplation**
- C. Contemplation**
- D. Maintenance**

The stage characterized by a lack of intention to change is the pre-contemplation stage. In this phase, individuals are typically unaware of their problems or do not see their behavior as problematic. They might be in denial or uninformed about the negative consequences of their actions, leading to no motivation for change. Individuals at this stage often resist efforts to engage in discussions about change or the need for recovery, as they do not recognize any need for improvement in their situation. The other stages—action, contemplation, and maintenance—indicate varying degrees of intention and engagement toward making a change. In action, individuals actively modify their behavior, while contemplation involves recognizing the need for change and weighing the pros and cons. Maintenance refers to sustaining the change that has been made. Therefore, pre-contemplation is distinct because it denotes the absence of intention to make any changes at all.

6. What is the primary role of a recovery coach?

- A. To provide clinical treatment for mental health issues**
- B. To support individuals in building a fulfilling life in recovery from substance use disorders**
- C. To conduct assessments and diagnose substance use disorders**
- D. To intervene in crises involving substance use**

The primary role of a recovery coach is indeed to support individuals in building a fulfilling life in recovery from substance use disorders. This role emphasizes the importance of peer support and mentorship, where the coach helps clients set personal goals, navigate challenges, and develop skills that promote a healthier lifestyle free from dependence on substances. Recovery coaches provide guidance, motivation, and encouragement, facilitating a process where individuals can explore their strengths and aspirations while overcoming obstacles related to their recovery journey. In contrast to the focus of the correct answer, the other options imply roles that are more clinical or focused on immediate interventions. Providing clinical treatment for mental health issues or conducting assessments and diagnosing substance use disorders falls outside the scope of a recovery coach's responsibilities, as these tasks are typically handled by licensed professionals such as therapists or counselors. Similarly, intervening in crises involves immediate and often direct responses to acute situations, which is not the primary function of a recovery coach who works more on long-term recovery and personal development over time. Thus, the emphasis on support and life-building in recovery distinctly characterizes the core function of a recovery coach.

7. Which peer support domain is focused on educating individuals?

- A. Recovery/wellness support**
- B. Mentoring and education**
- C. Advocacy**
- D. Informational Support**

The choice that focuses on educating individuals is mentoring and education. This domain encompasses activities that not only provide knowledge but also equip individuals with the skills necessary to navigate their recovery journey effectively. It is about imparting information and practical insights that empower individuals to make informed decisions about their recovery options and overall wellness. Mentoring involves a relationship where a more experienced person guides someone less experienced, which is crucial in building confidence and increasing understanding regarding recovery processes and available resources. This support is particularly important in peer recovery coaching, where shared experiences and knowledge play a vital role in helping individuals work towards their goals. In contrast, recovery/wellness support is more about providing general encouragement and assisting someone in maintaining their recovery rather than strictly focusing on education. Advocacy involves representing and supporting individuals' rights and needs, while informational support typically refers to providing specific facts or resources without a structured educational component. Thus, mentoring and education stands out as the domain specifically dedicated to teaching and facilitating understanding.

8. How do values contribute to recovery coaching?

- A. They detract from an individual's motivation**
- B. They serve only as guidelines for behavior**
- C. They enhance motivation and commitment to recovery**
- D. They are irrelevant to the recovery process**

Values play a crucial role in recovery coaching by enhancing an individual's motivation and commitment to their recovery journey. When individuals identify and connect with their personal values—such as health, family, or community involvement—they are more likely to feel inspired and driven to achieve their recovery goals. Values serve as a compass, guiding individuals through challenges and helping them stay focused on what truly matters to them. This intrinsic motivation fosters resilience, encourages positive behavior changes, and ultimately supports sustained recovery efforts. In contrast, the other options do not accurately reflect the significant impact that values have in the recovery process. While some might dismiss values as mere behavioral guidelines or claim they detract from motivation, the reality is that when individuals are clear about their values, they often find a deeper sense of purpose and direction in their recovery.

9. What is the primary role of a recovery coach?

- A. Providing therapy for substance use disorders**
- B. Offering financial support to clients**
- C. Providing support, guidance, and advocacy for individuals in recovery**
- D. Administering medication to clients**

The primary role of a recovery coach is centered around providing support, guidance, and advocacy for individuals navigating their recovery journey. Recovery coaches are trained to empower clients by helping them identify their strengths and resources, facilitate goal-setting, and connect individuals with appropriate support services and community resources. This approach fosters a non-judgmental environment that promotes personal responsibility and self-advocacy, which are crucial for sustained recovery. In contrast, therapy for substance use disorders typically involves licensed professionals who utilize specific therapeutic techniques to address underlying psychological issues. While financial support may be beneficial, it does not encompass the core responsibilities of a recovery coach, as their focus is more on emotional and social support rather than financial assistance. Similarly, administering medication falls strictly within the scope of medical professionals; recovery coaches are not qualified to dispense medications or provide clinical treatment, instead focusing on holistic support that guides individuals through their recovery process.

10. Why is building a rapport with clients essential for recovery coaches?

- A. It creates a barrier to communication**
- B. It reduces clients' motivation**
- C. It enhances trust and engagement**
- D. It limits client openness**

Building rapport with clients is essential for recovery coaches because it enhances trust and engagement in the coaching relationship. When a recovery coach establishes a rapport, they create a safe and supportive environment where clients feel valued and understood. This trust fosters open communication, which is crucial for effective coaching. Clients are more likely to share their thoughts, feelings, and challenges when they believe that their coach genuinely cares about their well-being and respects their experiences. A strong rapport also encourages clients to be more engaged in their recovery process, as they are more inclined to participate fully when they feel connected to the coach. This sense of partnership can lead to increased motivation, a greater willingness to set and pursue goals, and ultimately, a more successful recovery journey.

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://rhodeisland-recoverycoach.examzify.com>

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

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