

# CPSS Practice Test Questions and Answers

## 1. Why should wellness plans be flexible?

- A) To avoid addressing challenges in the recovery process
- B) To adjust for changes and ensure long-term sustainability of recovery
- C) To restrict any changes once the plan is set
- D) To minimize individual involvement in the process

## 2. How does ethics influence peer support practice?

- A) By focusing only on achieving results quickly
- B) By ensuring support is provided with respect, fairness, and professionalism
- C) By making decisions based on the Peer Support Specialist's personal feelings
- D) By reducing client autonomy in the process

## 3. Why is goal setting important in wellness planning?

- A) To set impossible goals to motivate individuals
- B) To provide direction, motivation, and a clear roadmap for recovery
- C) To focus solely on short-term success
- D) To limit progress and prevent overachieving

## 4. What role does self-care play in wellness planning?

- A) Self-care is not a priority in wellness planning
- B) Self-care ensures individuals prioritize their health and recharge for long-term well-being
- C) Self-care only applies to physical health, not emotional well-being
- D) Self-care is only relevant for short-term recovery

**Answers: 1-B 2-B 3-B 4-B**

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