

PEER SUPPORT SPECIALIST STRENGTHS SURVEY

QUESTION	SELF RATING							
	NEVER							ALWAYS
1. I listen attentively.	0	1	2	3	4	5	6	7
2. I notice body language and tone of voice.	0	1	2	3	4	5	6	7
3. I speak clearly and at a moderate pace.	0	1	2	3	4	5	6	7
4. I speak from my own experience when it would be helpful to another person.	0	1	2	3	4	5	6	7
5. I maintain gentle eye contact with the person I am speaking to.	0	1	2	3	4	5	6	7
6. I frequently restate what another person has said to me to show that I am listening.	0	1	2	3	4	5	6	7
7. I am aware of my own boundaries and my comfort in telling different aspects of my story.	0	1	2	3	4	5	6	7
8. I encourage people to talk from their own experiences.	0	1	2	3	4	5	6	7
9. I am careful not to interrupt a person who is speaking.	0	1	2	3	4	5	6	7
10. I practice excellent self-care.	0	1	2	3	4	5	6	7
11. I ask for help when I have a challenge that is a stretch for me.	0	1	2	3	4	5	6	7
12. I refer people to community resources that might be helpful to a person with psychiatric condition.	0	1	2	3	4	5	6	7
13. I have compassion for people who use alcohol or other substances.	0	1	2	3	4	5	6	7
14. I am mindful of my own prejudices and biases.	0	1	2	3	4	5	6	7
15. I am careful to not pass judgment on others.	0	1	2	3	4	5	6	7
16. I use emergency procedures and protocols.	0	1	2	3	4	5	6	7
17. I network with other providers in my community.	0	1	2	3	4	5	6	7
18. I have patience for another person's grieving process.	0	1	2	3	4	5	6	7
19. I teach other strategies for managing stress.	0	1	2	3	4	5	6	7