

Self-Assessed Strengths Inventory for Peer Support Work

Instructions: In this self-assessment, rate yourself on the following strengths and attributes that are essential for working effectively in the peer support field. Use the scale below to indicate your level of proficiency for each item. Be honest and reflect on your experiences and capabilities. It serves to inform you about your strengths and areas for improvement. It is not graded as part of the course and will not affect your completion of the program.

Scale:

1 = Not proficient

2 = Developing

3 = Moderately proficient

4 = Proficient

5 = Highly proficient

Strengths and Attributes:

1. Active Listening Skills: The ability to attentively listen to others, show empathy, and validate their experiences.

- 1 2 3 4 5

2. Empathy: The capacity to understand and share the feelings of individuals seeking support without judgment.

- 1 2 3 4 5

3. Personal Resilience: The ability to cope with personal challenges and stress while maintaining a supportive role for others.

- 1 2 3 4 5

4. Non-Judgmental Attitude: The willingness to withhold judgment and accept individuals as they are, respecting their choices and experiences.

- 1 2 3 4 5

5. Cultural Sensitivity: The awareness and consideration of diverse cultural backgrounds in supporting individuals from different communities.

- 1 2 3 4 5

6. Peer Support Experience: Previous experience in providing peer support or lived experience in overcoming challenges.

- 1 2 3 4 5

7. Communication Skills: The ability to communicate effectively, both verbally and in writing, with individuals seeking support and colleagues.

- 1 2 3 4 5

8. Boundaries: The capability to establish and maintain healthy boundaries in peer support relationships.

- 1 2 3 4 5

9. Problem-Solving: The capacity to assist individuals in identifying solutions to their challenges and developing action plans.

- 1 2 3 4 5

10. Self-Awareness: The ability to recognize and understand personal triggers and emotions to avoid projecting onto others.

- 1 2 3 4 5

11. Advocacy: The willingness to stand up for individuals seeking support and actively support their rights and needs.

- 1 2 3 4 5

12. Trauma-Informed Care: Knowledge and application of trauma-informed principles in supporting individuals who have experienced trauma.

- 1 2 3 4 5

13. Patience: The capacity to remain patient and non-demanding while supporting individuals at their own pace.

- 1 2 3 4 5

14. Confidentiality: The commitment to maintaining the privacy and confidentiality of individuals seeking support.

- 1 2 3 4 5

15. Team Player: The ability to work collaboratively with other peer support workers and professionals in a team environment.

- 1 2 3 4 5

16. Wellness Planning and SMART Goals: The ability to collaboratively develop wellness plans and set specific, measurable, achievable, relevant, and time-bound (SMART) goals with individuals seeking support.

- 1 2 3 4 5

17. Knowledge of Reentry Issues: Understanding the challenges and barriers faced by individuals reentering society after involvement in the criminal justice system.

- 1 2 3 4 5

18. Ethics: Comprehension of ethical principles and guidelines governing peer support work, ensuring ethical decision-making in support interactions.

- 1 2 3 4 5

19. Crisis Intervention: Knowledge and application of crisis intervention techniques to effectively support individuals during moments of crisis.

- 1 2 3 4 5

20. Group Facilitation: The ability to facilitate peer support groups, create a safe space, and encourage participation and discussion.

- 1 2 3 4 5

Scoring:

1. Add up the scores for all 20 items to get your total score.
2. The maximum total score is 100, indicating high proficiency in all areas.
3. Use the total score to assess your overall self-assessed strengths in the peer support field

Total Score: _____ .

Scoring Legend:

- Highly Proficient (81-100)
- Proficient (61-80)
- Moderately Proficient (41-60)
- Developing (21-40)
- Not Proficient (1-20)

Keep in mind that this self-assessment is a tool for self-reflection and may not perfectly capture all aspects of your abilities. It can serve as a guide for identifying strengths and areas for potential growth in preparation for working effectively in the peer support field.