



Reactive Attachment Disorder (RAD) Worksheet

Reactive Attachment Disorder is a condition in children characterized by difficulties in forming normal healthy relationships and attachments, often due to a lack of adequate early childhood nurturing.

- 1. How would you define Reactive Attachment Disorder based on your understanding or experiences?**

- 2. List any signs or behaviors you have noticed that might be indicative of RAD.**

- 3. Reflect on the child's patterns in forming relationships. Are there any particular challenges or behaviors you've observed?**

- 4. How does the child respond to nurturing, comfort, or caregiving efforts?**

5. Describe the emotional responses you have observed. Do they seem typical for the child's age?

6. Note any specific behaviors that are concerning or seem related to attachment issues.

7. What steps can be taken to create a supportive and nurturing environment for the child?

8. Have you considered seeking professional help, such as therapy or counseling? What are your thoughts or plans regarding this?

9. Reflect on any challenges you face as a caregiver with managing RAD.

10. What are your strategies for self-care and seeking support as a caregiver?

11. Set specific, achievable goals for supporting the child with RAD.

12. Plan regular intervals to review the child's progress and adjust your strategies as needed.

References

1. [Reactive attachment disorder—a theoretical model beyond attachment | SpringerLink](#)
2. [Attachment Theory and Reactive Attachment Disorder: Theoretical Perspectives and Treatment Implications - Hardy - 2007 - Journal of Child and Adolescent Psychiatric Nursing - Wiley Online Library](#)
3. [The Lived Experiences of Caregivers of Children with Reactive Attachment Disorder](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.