Acknowledgements

In the name of Allah, the most merciful, the most beneficient

The journey of intellectual growth is an invigorating journey of self-growth too. Though the thesis delusionally appears as the work of one person, it would be imprudent not to acknowledge all the unsung heroes and heroines, who make the protagonist, in this case me, seem like a true rockstar. I take this opportunity to thank all the wonderful people who loved me as I became progressively unlovable on this pursuit of the Phd.

Though it is not possible to acknowledge each and everyone, there are a few persons who cannot be forgotten on this path of intellectual musings.

Words are not enough to thank my parents and my sister who were my pillar of strength and allowed me the freedom to chase my dream.

Any journey requires an able guide and I am indebted to Dr Surinder K.P. Jaswal, my guide who believed in me and who stood steadfast, holding my hand in this journey in her own unique way. She motivated me and did not allow me to give up my dream.

I cannot fail to acknowledge the role of P.K. Saru my TA supervisor. She helped me to recapture my awareness, joy and spontaneity and unleashed the physis within me.

I also thank Dr N.Jayaram, my DAC member and my course teacher for instilling the unbiased attitude that is needed for doing research.

I also wish to thank Dr. Srilatha Juvva, my DAC member for helping to keep my adult in charge and for unscripting me. She motivated me in both personal and professional ways.

A big thank you to Kavita who kept me on track and instilled goal directedness. She was my 911 - dial for crisis friend. She was a constant source of encouragement, motivation and a logical analyst whose contribution to my growth cannot be undermined.
I also acknowledge the ICSSR fellowship and support that I received in the first year of my research but could not carry forward due to logistic reasons.

I am also grateful to the test collaborators, Darwin Nelson, Gary Low and Rick Hammett for their quick responses on the ESAP at all junctures in the research and Dr Ackerman for the ACOA index and the articles on the index.

I am grateful to Al Anon friends, AA friends and professionals Dr Ashish Deshpande, Ms. Shobhana Mandiar, Team Kripa, Team NARC, Team Mary’s Clan for their invaluable insights on ACOAs and Seva Dhan for having provided me the direction to undertake research in this area.

One has rarely heard that disasters are good but they do have a way of bringing amazing people in our life. Thanks to the 26 July floods for bringing a dear friend like Aru in my life. Her help has been invaluable from the practical advice to help with formatting to providing a release of my free child.

I am also thankful to Mohua whose pragmatism and assurance came as a much needed antidote, she and Kavita were a truly wonderful PhD support group.

I also remember with a great deal of fondness my grandparents who lived life on their own terms and thereby taught me to live mine with conviction and dignity. I gather strength from my grandmother Husena Ghadiali, truly the most dynamic and independent woman who role modelled how to do social work without being formally schooled or trained.

I also wish to acknowledge my silent supporters Bhai Mustufa and Nush ben who accepted me unconditionally.

I have been humbled by the battalion of people who stood behind me, encouraged me and shared a cup of chai with me. A special thanks to Khozema’s parents, Kaka Abbasi, Zoher uncle, Sudha, Prashanti, Yashvi, Rajul, Mr. Sudhir Kale, Ashmirah, my childhood friends the CBs, my TA Mumbai group, my Smexi Gurlz and my colleagues at Bandra Family Court and Muskaan CAGC.
Last but not the least I wish to thank the Adult Children of Alcoholics and their families who shared their deepest and unspoken ruminations on this subject which I hope will add to the professional understanding of helping persons who are not as visible as the alcohol user but are as affected.

I also wish to acknowledge the fully filmi me and my love for the magic of cinema and sports from where some of the pseudonyms in the thesis have been borrowed.

And though seemingly last on this acknowledgment but topmost on my mind, my precocious son Zahyan who is my raison de etre.

Rizwana (Ghadiali) Nulwala