The overarching aim of the assignment is to provide an overview on personal and social experience of Adult Children of Alcoholics with the following specific objectives. Investigate the lifelong impact of parental alcoholism on ACOA's cognitive and behavioural functioning Identify protective and resiliency factor for ACOAs Explore various psychological theories for better understanding and treatment ACOAs Questions: - What are the psychological and social difficultest of Adult Children of Alcoholics? - How important and How we can help them in Clinical PRactice? Invisible 'Liegelong Svars' of Adult Children of alcoholics