

MIND MATTERS

Independent vs. Hyper-independent



ANEESA MOIDOO, PSYCHOLOGIST

Independence means being able to take care of yourself and handle tasks on your own. It's an important skill for adults to have, like managing appointments, work assignments, and maintaining a safe living space. However, being overly independent, or hyper-independent, can be problematic.

Hyper-independence is when someone insists on being completely independent, even when it's not helpful or when they genuinely need support. This behavior can be a response to trauma, where individuals avoid asking for help. Signs of hyper-independence include overcommitting to tasks, reluctance to delegate or ask for help, guardedness in relationships, secretiveness, mistrust of others, few close relationships, and experiencing stress or burnout.

Through self-assessment, individuals understand the personal costs of avoiding help in terms of well-being and relationships. Learning to delegate tasks becomes crucial, promoting the acceptance of collaboration and reliance on others

Trauma responses, like hyper-independence, can stem from distressing events that the brain processes as threats. People may develop hyper-independence due to feelings of undeserving social support, past neglect, mistrust of others, or as a coping mechanism to regain control in uncertain situations.

Children raised to believe that independence is superior or those who experienced role reversal in the family may also develop hyper-independence. Treatment involves recognizing and addressing these underlying issues through therapy, focusing on building healthy relationships, trust, and understanding personal limitations.

Healing work for hyper-independence in-

cludes letting go of perfectionism, exploring identity beyond doing things for others, understanding the cost of not asking for help, realizing that help is available, normalizing asking for help, and learning how to delegate.

It's essential to remember that hyper-independence served as a survival mechanism during a challenging time. Moving past this response takes time, involves small steps, and might include setbacks. Seeking support through therapy is encouraged, allowing individuals to let go of maladaptive coping patterns and work towards a healthier mindset.

Healing from hyper-independence involves acknowledging and addressing the root causes that drive extreme self-reliance. This process encourages individuals to embrace imperfections in themselves and others while exploring a sense of identity beyond fulfilling roles for others.

Recognizing the negative impact of avoiding help, there's a shift towards viewing seeking assistance as a healthy and necessary aspect of life, particularly in adulthood where support is available. Normalizing the act of asking for help is emphasized, challenging the misconception that it denotes weakness.

Through self-assessment, individuals understand the personal costs of avoiding help in terms of well-being and relationships. Learning to delegate tasks becomes crucial, promoting the acceptance of collaboration and reliance on others.

This healing journey, often facilitated through therapy, aims to cultivate self-awareness, self-compassion, and a more balanced approach to independence by gradually challenging and transforming deep-seated beliefs and behaviors.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Daily Tribune)

Another stray dog bite attack, but who's at fault?

Pregnant woman wounded by aggressive animal sparks 'urgent' debate and concern

Zahra Ayaz

TDT | Manama

A 30-year-old pregnant woman was attacked by stray dogs while making her way to the Hamad Town bus stop.

The incident has sparked a crucial debate about responsibility and the urgent need for government intervention.

The victim, who preferred to remain anonymous, recounted her terrifying encounter with the stray dogs.

"I saw one dog opposite the Hamad Town pharmacy and tried to avoid it by crossing the road," she said. "To my horror,



Painful dog bite marks on victim's leg

as I passed by, I felt a sudden sharp pain as the dog sank its teeth into my leg. Startled, I turned around only to be attacked from behind by another dog of the same color."

In a state of panic, the woman quickly grabbed a stone to scare away the aggressive dogs.

This incident sheds light on the growing concern of dog attacks in the area, with reports of similar incidents published previously in The Daily Tribune.

Shelter, immediate government action

Animal rights activists, such as Fathiya Al Bastaki and Vanja Hathcock, have earlier emphasised the importance of providing shelter for stray dogs and called on the government to take immediate action.

They have urged citizens not to provoke or display fear towards these animals, as they are often acting in self-defense. The incident raises ques-

tions about responsibility and accountability. While the woman was attacked by stray dogs, some argue that the owners and breeders who abandon their pets bear a level of responsibility for the increased population of strays.

Proactive role

Others argue that the government should take a proactive role in addressing the issue by implementing measures to control stray dog populations and providing them with appropriate shelter.

As this incident highlights the potential dangers faced by residents, it is essential for the relevant authorities to address the matter promptly and develop comprehensive strategies to protect both citizens and animals.

The safety and well-being of the community, including pregnant women, should remain a top priority.



The incident prompts discussions and debates on responsibility and accountability. Some hold owners and breeders accountable for abandoning pets, contributing to the rise in strays. Others advocate for government intervention to control stray populations and offer shelter.

Tamcon appoints new board of directors headed by Mohammed Al Hammadi

TDT | Manama

Tamcon Contracting Co., a prominent Bahraini AA grade contracting company and subsidiary of AL KHALEEJ DEVELOPMENT COMPANY (TAMEER) W.L.L, has recently announced the appointment of its new Board of Directors. The board will be led by Mr. Mohammed Ebrahim Al Hammadi, who has been appointed as the Chairman.

The other members of the board are Mr. Hamza Reda Ahmadani, Vice Chairman of the Board of Directors, Mr. Talal Abdulaziz Al Mulla, Mr. Fathi Faraj Al-Mohammad, and Engineer Abdulla Alabbasi.

In light of this appointment, Mr. Mohammed Ebrahim Al Hammadi, Chairman of the Board of Directors of Tamcon Contracting Co., expressed his congratulations to the newly appointed members. He expressed his confidence in their abilities to successfully implement plans and projects that will contribute to the company's success.

Mr. Mohammed Ebrahim Al Hammadi emphasized the company's commitment to improving the quality of work and meeting all requirements across various fields.

He also highlighted the com-



Mr. Mohammed Al Hammadi



Engineer Abdulla Alabbasi

pany's focus on expanding its operations in Contracting, real estate and infrastructure projects at both local and international levels.

Furthermore, Engineer Abdulla Alabbasi, the CEO of Tamcon, extended his congratulations to the new board members.

He emphasized that their appointment further strengthens the company's vision and mission in the construction of buildings, Infrastructure and Development.

Alabbasi also underscored the significance of fostering collaboration with major international companies in various projects, aiming to advance economic development in the Kingdom of Bahrain and achieve mutual investment and development gains.

Tamcon Contracting Co. has

established itself as a promising and continuously evolving contracting company in Bahrain. It was founded in 2007 as part of the AL KHALEEJ DEVELOPMENT COMPANY (TAMEER) W.L.L group's strategic approach to prioritizing the construction and real estate development sector.

Tamcon's primary objective is to enhance the execution of local and regional projects, adhering to the highest international standards.

Over the years, Tamcon has successfully executed numerous government housing, infrastructure, and residential development projects in the Kingdom of Bahrain.

The company's dedication to excellence has contributed significantly to the advancement of the construction and real estate sectors in the region.



Zain Bahrain B.S.C.

Recommendation of Declaration of Dividends

The Board of Directors of Zain Bahrain B.S.C. resolved, at its meeting held on 6 February 2024, to recommend the distribution of dividend for the year ended 31 December 2023 to the shareholders whose names are registered on the company's register on the Record Date. This is subject to the approval of the company's shareholders at the upcoming Annual General Meeting. The proposed distribution is as follows:

Cash Dividend: 9% of share nominal value, equivalent to 9 fils per share amounting to BD3.27m.

Below are the key dates to be taken note of:

Event	Date
General Meeting Date (Shareholders' approval date)	25 March 2024
Cum-Dividend Date (Last day of trading with entitlement to dividends)	26 March 2024
Ex-Dividend Date (First day of trading without entitlement to dividends)	27 March 2024
Record Date (The Day on which all shareholders whose names are on the share register will be entitled to dividends)	28 March 2024
Payment Date (The Day on which the dividends will be paid to the entitled shareholders)	10 April 2024

Sh. Ahmed Bin Ali Al Khalifa
Chairman of the Board of Directors
6 February 2024