

Mind Matters

Anxious attachment style



ANEESA MOIDDO, PSYCHOLOGIST

I've been married for three years and am thirty years old. Every three months, my spouse's job requires him to travel. His lack of prompt response to my calls and messages annoys and frustrates me when he's not around. I think he has enough time to do more than just reply to my message. How can I resolve this?

It's understandable that you feel irritated and frustrated when your husband doesn't respond to your calls and messages as quickly as you needed. However, these feelings might stem from an anxious attachment style, where you may seek more reassurance and closeness in the relationship. Hence it's essential to recognise that your feelings are valid and you're not alone in this struggle.

First and foremost, it's important to acknowledge your emotions and accept them without judgment. It's okay to feel the way you do, and you deserve understanding and support. Recognising how you get attached is a

significant step, as it allows you to work towards understanding the root causes of your feelings of insecurity and abandonment.

Remember, you have the power to transform these negative experiences into positive, corrective attachment experiences. Start by being kind and patient with yourself. Reflect on moments in your life when you felt loved and worthy, both from others and from within. These memories can serve as a foundation for building your self-esteem and self-worth.

Boosting self-esteem intervenes with the worries related to self-worth and fears of rejection. Building this involves thinking positively about yourself, accepting your mind and body, and understanding that other people's actions are not necessarily a reflection of your worth. High self-esteem can reduce the need for constant reassurance and decrease the fear of rejection.

Building connections with people who have secure attachment

styles can provide valuable insights and support. Understanding that your emotional needs are valid and learning to communicate them effectively are crucial in any relationship. Don't be afraid to set boundaries and express your needs, even if it feels challenging at first.

Practising mindfulness and self-regulation can help you navigate through difficult emotions and triggers. Mindfulness allows you to be present in the moment, helping you recognise and manage your emotional responses. Self-regulation techniques, such as calming exercises and conflict resolution strategies, can empower you to handle situations more effectively.

Consider seeking therapy as a safe space to explore your feelings and work through your attachment patterns. Therapy can provide you with valuable tools and insights, helping you understand the origins of your anxieties and guiding you toward forming healthier, more secure bonds with others.

Remember that change takes time, and it's okay to take small steps. Be patient with yourself, celebrate your progress, and lean on the support of those around you. You have the strength within you to overcome and cultivate healthier, fulfilling relationships. Take each day as an opportunity to grow and learn, and with determination and support, you can make positive changes in your attachment and overall well-being.

(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)

Ed Sheeran to perform in Bahrain next year

● Pop sensation show at Al Dana Amphitheatre

Zahra Ayaz
TDT | Manama

The highly anticipated announcement confirming global pop sensation Ed Sheeran's upcoming performance in Bahrain has sent waves of excitement throughout the region.

The Al Dana Amphitheatre has revealed that Sheeran, accompanied by special guest Calum Scott, will take the stage on January 15, 2024.

With a staggering record of over 150 million records sold worldwide, Sheeran's concert is expected to draw an immense crowd.

Ticket sales for the event will commence on November 10, 2023, at 10 a.m. through the official Al Dana Amphitheatre website.



Sheeran set to captivate audience with his mesmerising live performances

Given the history of rapid ticket purchases for previous performances, such as Maroon 5 and 50 Cent's Final Lap Tour, it is anticipated that tickets for Sheeran's show will sell out swiftly.

Sheeran himself recently took to Instagram to unveil the cal-

endar for his highly anticipated Mathematics Tour in 2024. The tour will kick off in January, traversing through Asia before captivating audiences across Europe throughout the summer. Fans worldwide are eagerly awaiting the opportunity to witness his mesmerising live performances.

Southern Governor reviews camping season preparation

TDT | Manama

His Highness Southern Governor Shaikh Khalifa bin Ali bin Khalifa Al Khalifa visited the Camping Service Centre to review the readiness of the Centre for the camping season 2023-2024 and services quality provided to the campers.

Present were Deputy Governor Colonel Hamad Mohammed Al Khayat, a number of security directorates' officers and the governorate officials.



CONDENSED CONSOLIDATED FINANCIAL INFORMATION, Zain Bahrain B.S.C.

For the Nine-Month Period Ended 30 September, 2023

Condensed Consolidated Statement of Financial Position (Reviewed)	30 September 2023		31 December 2022	
	(Reviewed)	(Audited)	(Reviewed)	(Audited)
as at 30 September, 2023	BD '000	BD '000	BD '000	BD '000
ASSETS				
Current assets				
Cash and bank balances	13,509	12,648		
Trade receivables and other assets	19,954	18,816		
Contract assets	5,808	5,826		
Inventories	1,499	1,898		
Total current assets	40,770	39,188		
Non-current assets				
Trade receivables and other assets	1,256	1,510		
Contract assets	1,798	1,821		
Right-of-use assets	16,100	15,503		
Property and equipment	63,136	69,533		
Intangible assets	10,959	12,079		
Total non-current assets	93,249	100,446		
Total Assets	134,019	139,634		
LIABILITIES AND EQUITY				
Liabilities				
Current liabilities				
Accounts payable and other liabilities	30,251	37,120		
Lease liabilities	3,438	3,321		
Contract liabilities	1,512	2,014		
Total current liabilities	35,201	42,455		
Non-current liabilities				
Accounts payable and other liabilities	1,251	1,251		
Lease liabilities	12,770	12,227		
Provision for employees' end of service benefits	567	525		
Total non-current liabilities	14,588	14,003		
Total Liabilities	49,789	56,458		
Equity				
Share capital	36,800	36,800		
Treasury shares	(754)	(754)		
Treasury shares reserve	(6)	(6)		
Share premium	3,032	3,032		
Statutory reserve	14,394	13,951		
Retained earnings	29,292	28,651		
Equity attributable to owners of the Company	82,758	81,674		
Non-controlling interest	1,472	1,502		
Total Equity	84,230	83,176		
Total Liabilities and Equity	134,019	139,634		

Condensed Consolidated Statement of Profit or Loss and other Comprehensive Income (Reviewed)	Three-Month period ended 30 September		Nine-Month period ended 30 September	
	2023	2022	2023	2022
For the Three-Month and Nine-Month period ended 30 September, 2023	(Reviewed)	(Reviewed)	(Reviewed)	(Reviewed)
	BD '000	BD '000	BD '000	BD '000
Revenue	16,744	16,966	53,866	50,552
Cost of revenue	(4,029)	(4,676)	(16,178)	(14,352)
Operating and administrative expenses	(6,718)	(6,383)	(20,151)	(19,064)
Depreciation of property and equipment	(2,669)	(2,602)	(7,845)	(7,788)
Depreciation of right-of-use assets	(1,032)	(969)	(3,077)	(2,850)
Amortization of intangible assets	(373)	(347)	(1,120)	(1,040)
Expected credit losses on financial assets and contract assets	(275)	(192)	(855)	(442)
Operating profit	1,648	1,797	4,640	5,016
Interest income and other income - net	189	20	418	129
Gain / (loss) on currency translation adjustment	3	14	(8)	6
Finance costs	(247)	(251)	(721)	(719)
Profit for the period	1,593	1,580	4,329	4,432
Other comprehensive income				
Total comprehensive income for the period	1,593	1,580	4,329	4,432
Total comprehensive income for the period				
Attributable to:				
Owners of the Company	1,609	1,580	4,359	4,432
Non-controlling interests	(16)	-	(30)	-
	1,593	1,580	4,329	4,432
Basic and diluted earnings per share	Fils 4	Fils 4	Fils 12	Fils 12

Condensed Consolidated Statement of Changes in Equity (Reviewed)	For the Nine-Month period ended 30 September, 2023								
	Share capital	Treasury shares	Treasury shares reserve	Share premium	Statutory reserve	Retained earnings	Equity attributable to owners of the Company	Non-controlling interest	Total equity
	BD '000	BD '000	BD '000	BD '000	BD '000	BD '000	BD '000	BD '000	BD '000
Balance, 31 December, 2022 (Audited)	36,800	(754)	(6)	3,032	13,951	28,651	81,674	1,502	83,176
Appropriation of dividends	-	-	-	-	-	(3,275)	(3,275)	-	(3,275)
Total comprehensive income for the period	-	-	-	-	-	4,359	4,359	(30)	4,329
Appropriation to statutory Reserve	-	-	-	-	443	(443)	-	-	-
Balance, 30 September, 2023 (Reviewed)	36,800	(754)	(6)	3,032	14,394	29,292	82,758	1,472	84,230
Balance, 31 December, 2021 (Audited)	36,800	(754)	(6)	3,032	13,880	26,420	78,572	-	78,572
Appropriation of dividends	-	-	-	-	-	(2,911)	(2,911)	-	(2,911)
Total comprehensive income for the period	-	-	-	-	-	4,432	4,432	-	4,432
Appropriation to statutory Reserve	-	-	-	-	443	(443)	-	-	-
Capital introduced to the subsidiary	-	-	-	-	-	-	-	1,500	1,500
Balance, 30 September, 2022 (Reviewed)	36,800	(754)	(6)	3,032	13,823	27,498	80,393	1,500	81,893

Condensed Consolidated Statement of Cash Flows (Reviewed)	For the Nine-Month period ended 30 September 2023	
	2023	2022
	(Reviewed)	(Reviewed)
	BD '000	BD '000
Cash flows from operating activities		
Profit for the period	4,329	4,432
Adjustments for:		
Depreciation of property and equipment	7,845	7,788
Depreciation of right-of-use assets	3,077	2,850
Amortization of intangible assets	1,120	1,040
Increase in expected credit losses on financial assets and contract assets	855	442
Provision for inventories	126	165
Finance costs	721	719
Gain on termination of leases	(30)	(10)
Loss on retirement of property and equipment	-	43
Provision for employees' end of service benefits	48	58
	18,091	17,527
Working capital changes:		
Net change in inventories	273	(570)
Net change in trade receivables and other assets	(1,738)	(2,873)
Net change in non-current assets	43	(156)
Net change in accounts payable and other liabilities	(3,260)	(1,943)
Net change in contract liabilities	(502)	(583)
Cash generated from operating activities	12,907	11,402
Payments for employees' end of service benefits	(6)	(1)
Interest expense paid	(721)	(719)
Net cash generated from operating activities	12,180	10,682
Cash flows from investing activities		
Payment for acquisition of property and equipment	(2,248)	(1,596)
Payment for intangible assets	(2,812)	(2,639)
Movement in restricted cash	5,074	(5,038)
Net cash generated from (used in) investing activities	14	(9,273)
Cash flows from financing activities		
Repayment of principal portion of lease liabilities	(2,984)	(2,795)
Dividends paid to shareholders	(3,275)	(2,911)
Capital introduced by non-controlling interests	-	1,500
Net cash used in financing activities	(6,259)	(4,206)
Net increase / (decrease) in cash and cash equivalents	5,935	(2,797)
Cash and cash equivalents, beginning of period	7,574	10,388
Cash and cash equivalents, end of period	13,509	7,591
Comprising:		
Cash and bank balances	13,509	12,629
Less: Restricted cash	-	(5,038)
Cash and cash equivalents	13,509	7,591

The above Condensed Consolidated Statement of Financial Position, Condensed Consolidated Statement of Profit or Loss and Other Comprehensive Income, Condensed Consolidated Statement of Cash Flows and Condensed Consolidated Statement of Changes in Equity have been extracted from the Financial Information of Zain Bahrain B.S.C. for the Nine-Month period ended 30 September 2023, which were approved by the Board of Directors and issued by Deloitte & Touche, Kingdom of Bahrain on 8 November 2023.

Shaikh Ahmed Bin Ali Al Khalifa - Chairman

Mr. Bader AlKharafi - Board Member

Deloitte & Touche - Financial Auditors