



## OF THE VALUE AND VALUES WE KEEP

Kathlyn Q. Barrozo  
Class of 1991, University of Santo Tomas  
B.S. Medical Technology

In the singular, VALUE is defined as the regard that we have for something. To illustrate, we hold the support that we get from other people of great value simply means we hold of high esteem whatever assistance or help that is extended to us by others. We also value the friendships we have by keeping those relationships mutually responsive and attentive to both our and other people's needs.

In the plural form, values represent the ideals that we adhere to, the very concepts or principles that can very well serve as our guidelines for living various phases of our lives. Personal values help us become participative members of our society and they keep us well-attuned to what society deems as morally or ethically correct and upright. Our moral values are reflected in the manner with which we live our quotidian lives. Our parents have taught us the values that we may or may not hold on to in the present time, thus their role in shaping our values is tremendous. Our upbringing, the very way we have been raised speaks much of the values that our own parents subscribe to. Those values have also been shaped by our won grandparents before. In other words, our values are but an integration of the values that our ancestors before us held dear to them.

We openly talk about taking people or things at face value, or that which is more or less superficial and as <http://idioms.thefreedictionary.com/take+at+face+value> defines, is taking things just as they are. In this case, we do not attach any other significance to something or someone other than what is presented to us on a physical level. What we see is for us what we take, and it doesn't matter whether that is how something or someone is to be taken on a different context. It's refreshing to find people who give us what we see; they are what they are on the outside and there's hardly any difference in what they show and what people get, if there's any difference at all to report. Despite the hypocrisy and veiled hostility that can manifest in so many people nowadays, seeing something or someone we can simply take as they are might be a rare, if not altogether missing, element in the world.

It is essential that we undertake to keep our values as pure and commendable as possible. It is difficult to be perfect all the time. But it is our inherent duty to try to stick as close to perfection as possible. No matter how next-to-impossible that is, once we get our values straightened out and our goals clear, then what we stand for and against can readily be delineated. That is as close to perfection as we can get.

### QUESTIONS FOR DISCUSSION:

1. How do you personally value the relationships you have?
2. What are the old-fashioned values that you wish people in the present age always adhered to?
3. Why is it difficult to stick to a definite set of values?
4. How do people judge us by the values we keep? Cite examples, as needed.
5. What specific values would you teach to your own children?