

2022 International Essay Contest for Young People

[Youth Category – Honorable Mention]

How my values have changed

(Original)

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The value system is what is a priority for you in life. Decision-making and attitudes towards people depend on life values. It is difficult to find two people who have absolutely identical values.

Time passes, we change, we grow up. At 15, you have one set of values, at 30 you have different values. My values have changed a lot in the last 16 years of my life.

When I was 13, like other teenagers, I was insecure about my appearance. I was constantly trying to get attention and compliments. I got up early in the morning and, rather than eating breakfast, I put on makeup and dashed to school. I only cared about how I looked or what people thought of me. It affected my behaviour as well. I was cold to my family, rude to my friends. I behaved arrogantly and reacted sharply to everything. The summer of 2018 was a turning point in my life. In the middle of June, my mother became sick. Her hands were numb and her speech was incomprehensible. When she smiled, the tips of her lips were lowered, and she felt groggy. Then I did not yet know about the signs of a stroke and how to provide first aid. The only thing I did was call an ambulance. Mom was taken away for two weeks. The diagnosis was ischemic stroke. In those 14 days, I realised how ungrateful and churlish I was. I conceived that we only live once and how insignificant it is to think only about yourself, forgetting your relatives.

Over the past three years, Mom has been hospitalized five times.

The last time was in the winter when I was sitting in a French lesson. Seeing that they were calling me, I picked up the phone and heard the trembling voice of my mother. Without listening to the end, I dropped the call and ran out of the class. Time was short, every

second was vital. While the guard was distracted, I took my jacket and ran out of the school. Because of my worries, I ran towards my home with a jacket in my hands. I remember the woman I was in the elevator with asked me if I was cold.

Stopping biting my lip and furrowing my brows, I replied, "Not really."

Running home, I saw my mom lying on the bed, unable to move. The pressure was 164 to 90, with the normal 120 to 60. Those memories flooded back over me; everything was like the first time. Only this time I knew that I was responsible, that my main task was to save her. I did not allow myself to shed a tear, I tried to keep my composure. First, I ran for hot water and put the hot bottles on her neck and legs. Next, I gave her a number of medicines that she usually took for high blood pressure. The pressure remained high, and the ambulance could not come for an hour. I took out a sterile needle from a medical syringe for injection, and began to pierce her fingers one by one, as my mother taught.

The bloodletting helped. The pressure slightly dropped. By that time, an ambulance had arrived, and my mother was taken to the hospital. We were told later that if the assistance had not been rendered in time, my mother would have died.

During these three years, I have determined for myself that true values are those qualities which people have a desire for. For me, the most significant value has become my family. I realised I wanted to help my family and the people around me. My mother worked as a social worker for 11 years. The work was stressful. Although it was morally unbearable for her and sometimes physically insufferable, she did it only to feed us. She raised three children alone. Therefore, I believe that it is my duty to help, care for, and please her.

An important lesson I learned from my life: "If you live not only for yourself, if it is important for you to leave a good mark in life and help someone, you can be called a person with spiritual aspirations."