

In *Quantum Change: When epiphanies and sudden insights transform ordinary lives*, Dr. William Miller explains, “When asked what changed, quantum changers often answer, ‘Everything.’ In fact many aspects of the person stay the same. What seems to shift, though, is how the person understands and perceives reality. The person’s core values change and become clearer.”

“It is not that values were slightly modified or amended. Rather the person’s value system was often turned upside down,” says Dr. Miller. “The biggest single gain was in the priority given to spirituality, which rose from the bottom third to first place for men and third place for women.”

In the quantum change study, the researchers asked people to describe their values before and after their quantum change. Subjects were given a list of fifty values and asked, “what matters most to you?” In the table below, the results are summarized.

Twelve Most Highly Valued Personal Characteristics  
(ranked from among 50 values)

	MEN		WOMEN	
	<u>Before</u>	<u>After</u>	<u>Before</u>	<u>After</u>
1	Wealth	Spirituality	Family	Growth
2	Adventure	Personal Peace	Independence	Self-esteem
3	Achievement	Family	Career	Spirituality
4	Pleasure	God’s will	Fitting in	Happiness
5	Be respected	Honesty	Attractiveness	Generosity
6	Family	Growth	Knowledge	Personal peace
7	Fun	Humility	Self-control	Honesty
8	Self-esteem	Faithfulness	Be loved	Forgiveness
9	Freedom	Forgiveness	Happiness	Health
10	Attractiveness	Self-esteem	Wealth	Creativity
11	Popularity	Loving	Faithfulness	Loving
12	Power	Intimacy	Safety	Family

**Were Quantum Changes Different for Men and Women?** Yes and no. While the status of family moved down the list for women, the status of family moved up the list for men. And, the valuing of monetary wealth fell from first to last place for men and dropped thirty ranks for women. However, Miller notes, “for both genders, values previously given higher priority fell toward the bottom of the list: physical attractiveness, authority, career, fitting in, independence, popularity, and romance.” What the researchers observed is that, *overall, women and men became more similar in their values, moving from opposite extremes toward each other.*

- Men became less macho and materialistic, with major drops in the valuing of achievement, adventure, comfort, fame, fun, power, and being respected--all things that were less initially valued by women.
- Women’s priorities moved closer to men’s by a relatively greater drop in emphasis on traditional feminine values like fitting in, faithfulness to others, safety, and self control.
- Though family remained high on both lists, the centrality of family increased for men while it decreased for women.
- In sum, both moved away from stereotypic gender roles represented in popular media and advertising and toward common and compassionate values and a cherishing of the present.

***Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives***

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