

Writing in *Psychology Today*, Mihaly Csikszentmihalyi, the author of *Creativity*, says people who've made important creative contributions often have personalities with these opposing traits:

1. High energy/Frequent periods of rest—Creative people control their energy; they aren't ruled by the clock. Periods of intense activity alternate with periods of idleness and reflection.

2. Smart/Naive—General intelligence is high among creative achievers, but a certain childishness or immaturity usually goes hand in hand with wisdom.

3. Responsibility/Irresponsibility—A lighthearted playfulness combines with qualities of perseverance and endurance.

4. Strong imagination/Strong sense of reality—A great creative idea combines fantasy with truth and eventually expands our society's view of reality.

5. Extroverted/Introverted—Unlike most other people, creative individuals seem to exhibit both these traits simultaneously.

6. Humble/Proud—Pride in their own achievements is tempered by awareness of the contributions made by others, the role of luck, and a focus on future projects.

7. Masculine/Feminine—Creative people are more likely to have the psychological strengths of not only their own gender, but those of the opposite one, too.

8. Rebellious/Conservative—They're willing to take risks without totally disregarding the values of tradition.

9. Passionate/Objective—Passion motivates creative people to stick with difficult tasks; detachment allows them to accept criticism and response.

10. Suffering/Enjoyment—Creative people may experience pain and isolation because of their sensitivity, but the creative process itself brings them joy.