

Dear ,

I came across a blog post of a photographer who took 100 selfies in 100 days. She photographed herself in front of a white background, with a facial expression that matched the overall vibe of the day. I really liked that idea so I decided to make my own version of this. But instead of in front of a white background, I chose to let the whole image speak to the vibe.

Only four days in, I can't share some grand revelation yet. What I can tell you is that I started thinking of the different ways I could capture the mood of the day, and about ideas on how to capture certain moods. That is more a creative approach, but I am quite sure that the personal epiphany will follow soon enough.

BTW, I am sharing this on [Substack](#) only, if you want to follow along.

Why I am doing this

Just like most of us, I don't love seeing myself in photos.

One reason for that is a lifetime of societal expectations conditioned us into believing we need to be all the things.

But also the fact that it is mostly us women taking the photos. Meaning we are never IN the photos, and are consequently unable to get used to seeing ourselves photographed.

Sure, we do family portraits. But for starters, most of those images are very posed and polished, and you were probably too stressed out keeping everyone in check, so no, they're not really YOU. Or we do personal branding photo session. Even more of the same.

And even with all that, be honest, did you not immediately start picking yourself apart?

And then you finally book that boudoir session but you're surprised that looking at yourself in a photo feels strange and uncomfortable? Tell me, why would it feel any other way, given that you've barely practiced?

Which is maybe worth thinking about before you book a session with me

I decided on using this 'experience' of mine in this newsletter because I had the idea that it would be a great 'Tip of the Day from Your Photographer' 😊

If you've been thinking about booking a session but you don't because you think you won't like the photos, it might be useful to rephrase that: you are not used to seeing photos of yourself.

There's actual psychology behind this: the reason most of us dislike how we look in photos is that we know our mirror image, not our camera image. Your brain has decided the mirror version is the correct one, because that's the one it's seen every morning for decades. A photo shows you the way everyone else has always seen you, and that version just feels wrong — not because it is, but because it's unfamiliar. And familiarity is something you can practice.

Obviously, you don't have to do 100 days.

But taking a few photos of yourself, on your own terms, starting a couple weeks before we work together — not to look good, just to get used to seeing yourself — might make more difference than you'd expect.

What **caught my eye** on social media this month.

I've been reading *The Story of Art Without Men* by Katy Hessel. As a result, there's an idea for a personal project brewing in my head.

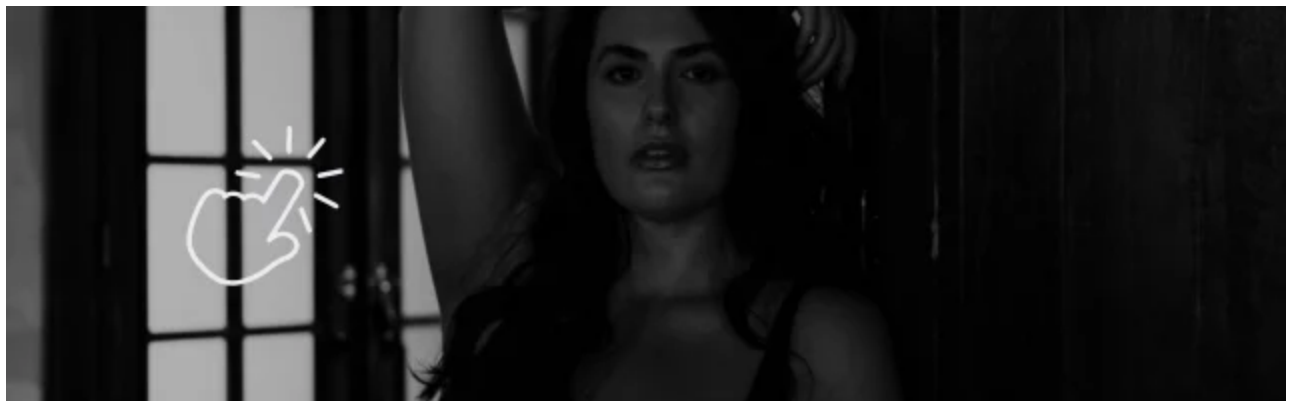
A few days ago, I posted a question on my Instagram stories, as research: what do you think about the male gaze in art throughout history?

It's a big topic.

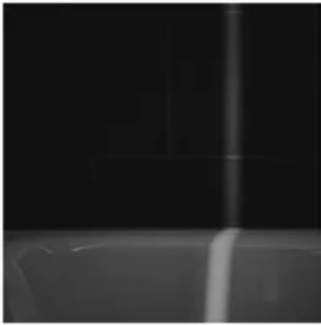
The short version: for most of Western art history, women were depicted as sexual objects for the pleasure of the male viewer: men look, women are looked at, like they're merely objects, not human beings.

And that's not ancient history. It's still very much the case, and it shapes how we see ourselves in images today.

Which is exactly why I find lifestyle boudoir photography the way I do it so interesting. When you decide what gets captured, and for whom, you're doing something that has historically not been yours to do.



My month in 3 images



As always, thank you for being a part of my journey.
Embrace your unique beauty, and let's continue to celebrate ourselves together.

Caroline



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