

Dear ,

I've been thinking about doing a second boudoir photo session with the same photographer I worked with the first time. In theory, that should make things easier. I know his way of working. I trust him. I enjoyed that first session and got out of it what I expected.

And yet, I'm hesitating.

Since that first session, we've gotten to know each other better through coaching sessions. I know a little more about him, and he knows *a lot* more about me. I have no more masks to hide behind. Also, my body has changed since that first shoot. I've gained quite some weight. Enough for my brain to start that pesky narrative again.

So yes, I have the same thoughts many people have before booking a session. What if I don't like what I see in the photos? What if they confirm the things I already worry about? What if being photographed now feels different, harder?

I don't get a special exemption from those thoughts just because I do this work myself.

The fear underneath the fear

Often, the fear isn't really about looking good or bad. It's more about authority.

Will the image have the final say? Because once something is visible, it becomes undeniably true.

And that's where things get interesting.

Most of us already live with those thoughts long before a camera is involved. The photos aren't inventing them. They're just threatening to make them visible.

What if it does confirm something

This is the question people are afraid to ask themselves.

What if the image does line up with one of your worst thoughts? Would that really be so bad?

Or is it possible that the problem isn't what you see, but how much power those thoughts have been given over the years.

Seeing is not the same as agreeing

This is where my work as a photographer comes in.

A photograph is not a verdict. It doesn't tell you how to feel about what you see. It doesn't decide what matters and what doesn't. It merely shows.

And then it is up to you. You do not need to agree with every thought that shows up alongside the image. On the contrary. The actual work is to challenge those thoughts. To be very blunt: put them where the sun don't shine.

Why this matters to think about this before you ever book

Most people think they hesitate because they think they'll look terrible. But really, that's just how your brain is protecting you. They hesitate because they're afraid to challenge the thoughts the images will evoke.

My sessions are built exactly around this assumption. Those thoughts will show up, but they don't get to run the room. Not during the session, and not afterward.

You don't need to be free of doubt to book. You just need to trust that the photograph won't speak louder than you do.

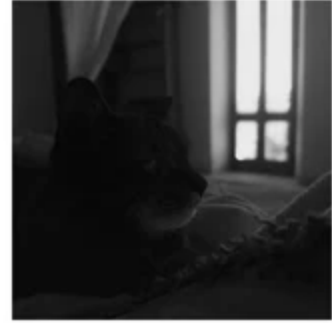
Ready when you are.

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

I saw this and immediately forgave myself for being a nightmare in the mornings 🤪



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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