

Photographing Your Own Life

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v7

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Every Photograph You Take Is Autobiographical

- Every photograph of you take must be autobiographical.
 - You are taking it
- All photographs are autobiographical, but some photographs are more autobiographical than others.
 - George Orwell
- The lens is pointed inward
 - Ted Orland

Photographing Your Life Is Storytelling

- A story has a beginning, middle, and end.
- Photographic storytelling is amenable to short time durations
- Objective
 - Documentary
 - Irony
 - Both?

Take At Least One Photograph Every Day

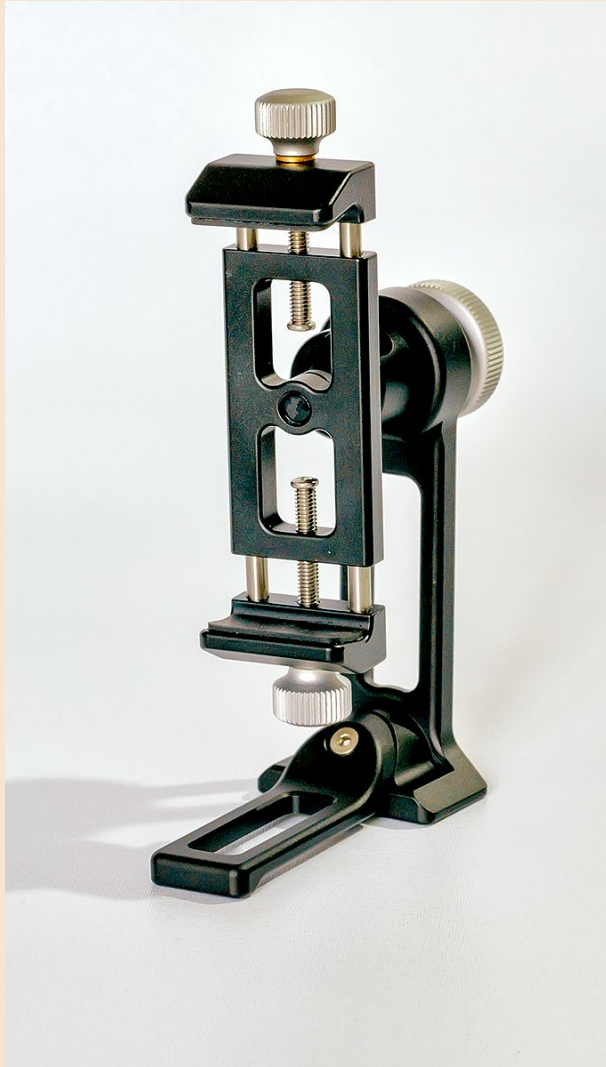
- Unless you are perpetually on tour, one photograph per day is bound to be autobiographical
- Taking at least one photograph every day was the most difficult project I ever undertook
 - Ted Orland

Self Portrait Techniques

- Tripod
- Self timer or cable release
- Phone holder bracket for tripod
- Lighting selection
 - North windows light
 - Overcast outdoors
 - Electronic flash with umbrellas or soft boxes

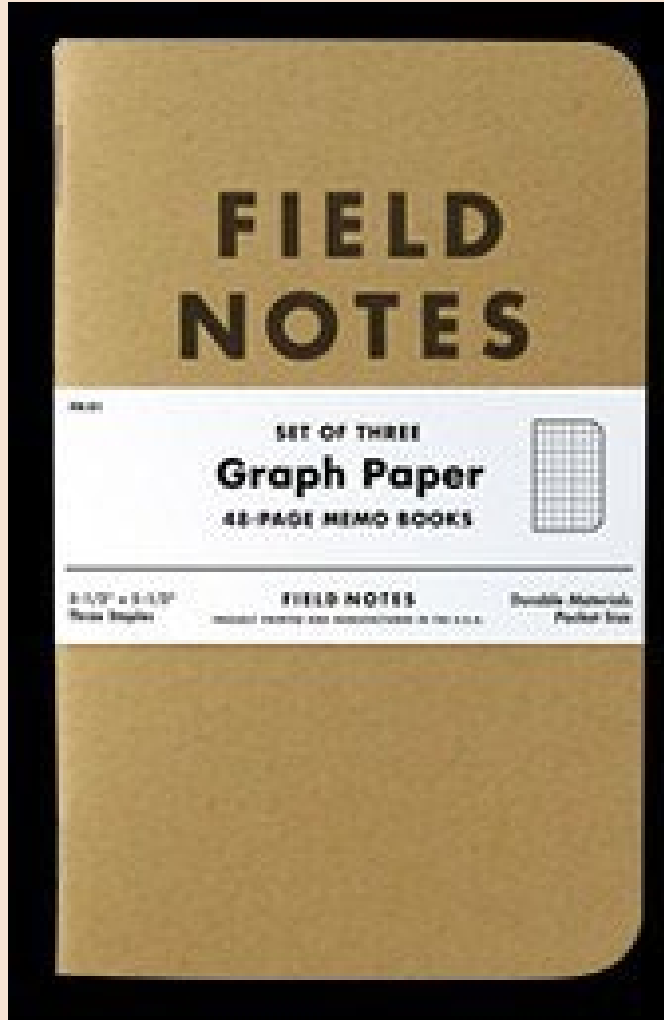
Zen Photo Walk

- Do not looking through the viewfinder
- Shoot from the hip (literally)
- This technique capture more candid, intuitive, and less-filtered images
- Rely on your instincts and your awareness of your surroundings instead of strict composition
- Often creates more spontaneous, authentic, and better organized photographs



Phone Tripod Mount

Carry a Small Notebook

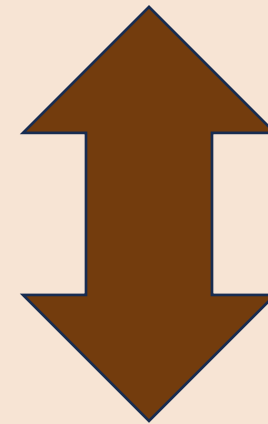
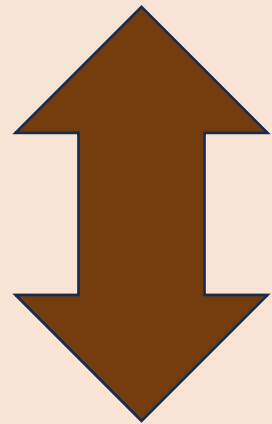


- **3.5" x 5.5"**
- **Heavy duty cover**
- **Fits in shirt pocket**

Often after Doing "Your Life" Project, Your Perceptions Will Change

Nothing Is
Interesting

Documentation



Everything Is
Interesting

Irony



**Jeffrey Sward:
Construction Vehicle in Grand Teton National Park
Documentation? Irony?**

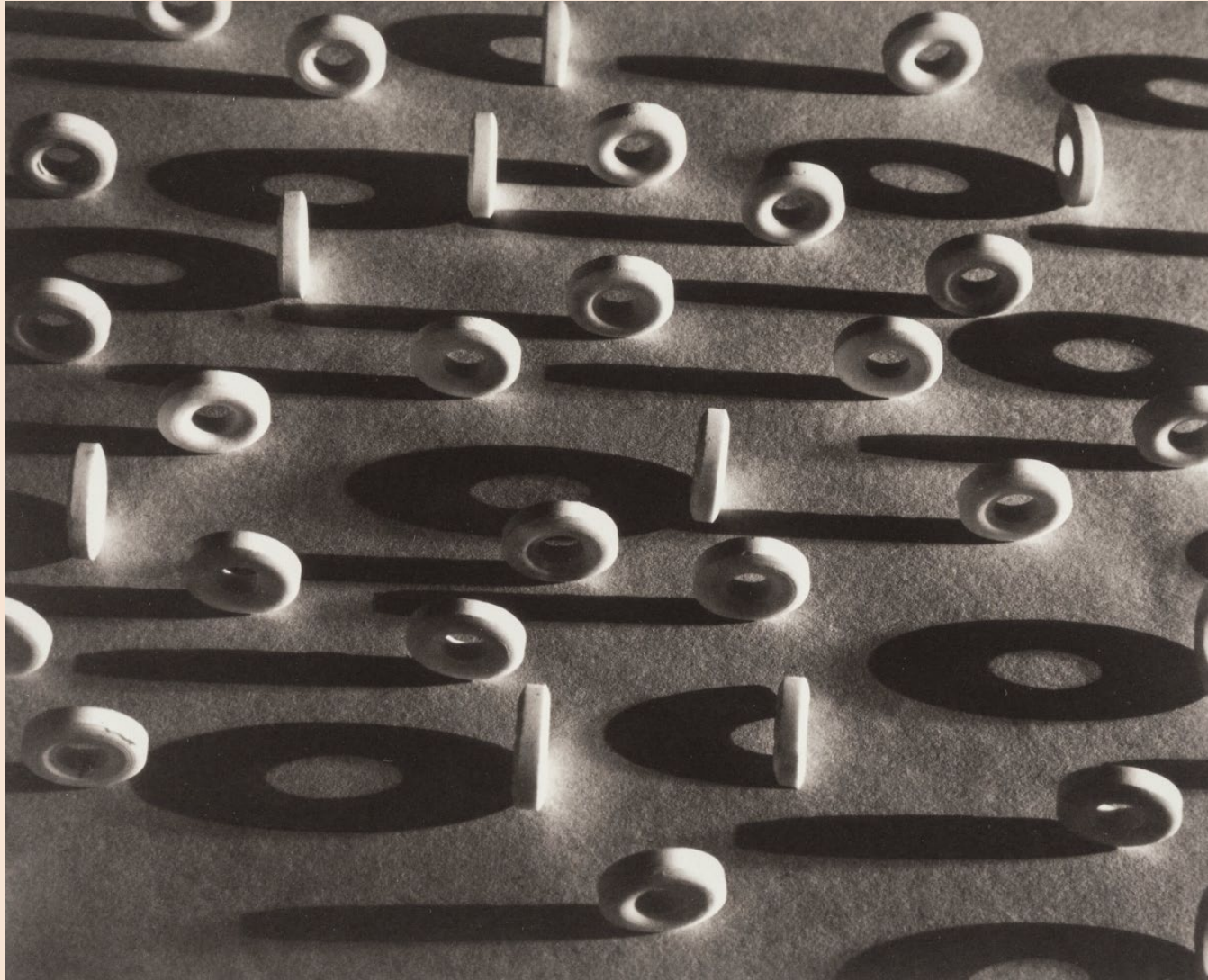


Jeffrey Sward: Neighbor's Garage

- Gift of the commonplace
- Luck comes to those who are prepared
- Travel with some sort of camera

Learn from the Experts

- Ruth Bernhard
- Tina Barney
- Mary Frey,
 - Domestic Rituals
- Nan Goldin
- Vivian Maier
- Duane Michals
- Cindy Sherman
- Larry Sultan



**Ruth
Bernard:
Life Savers
1930**

From

**Gift of the
Commonplace**



Tina Barney: Sunday New York Times



Tina Barney: Tina, Jill, and Polly in the Bathroom



**Mary Frey:
She
quickened
with the
realization
that things
would
never be
the same**



Mary Frey:

"But how can you be sure?" she asked.

"You never can," was her reply.



**Nan Goldin:
Lil Laughing, Swampscott, MA**



**Nan Goldin:
Nan and Brian in bed, New York City, 1983**



**Vivian Maier:
Girl in car
Chicago
Aug 16, 1956**



Vivian Maier: Self-Portrait New York, NY 1954



Vivian Maier: Self-Portrait 17

Duane Michals: Things are Queer





**Duane Michals: Magritte
(Note differences in black tones)**

CHANCE MEETING



Duane Michals: Chance Meeting



Cindy Sherman: Untitled Film Still (Self-Portrait)

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Photographing your own life v7.0



**Cindy
Sherman:
Untitled
Film Still
(Self-
Portrait)**



Larry Sultan: My Mother Posing for Me



Larry Sultan: Practicing Golf Swing

Checklist for documenting home life - Mat Coker

- Settings to help with dim light
 - ISO 1600, 3200, 6400
 - Aperture f1.8
- Moments
 - See moments before they happen by spotting patterns
 - Include emotion or action
- Composition
 - Angles
 - Background - danger danger
 - Frames
- Light
 - Use windows
 - Direction of light

References

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