Photo Anxiety

1. Verb Past Tense _____

2. Noun _____

Photo Anxiety

- Hey. Hey there. Hi, friends. Hi. Okay, so today is Tuesday and it's time for some candid conversations. My name is Marcia Stuhler. I am the artist behind Love is Love Photography. I'm the _____Verb Past Tense_____ mind who _____Noun_____ all that she can on how to make people comfortable in front of a camera. So today's candid conversation really dives into why people hate being photographed and it's something that I think we all, we all deal with this.

We don't like to be in front of the camera and scientists will tell you there is science behind it. I think at some point in time I tried to do a blog about it but it's really in the short, it is about the mirrors.

So when we or when I look into a mirror, even when I'm looking into this camera right here, what I see about myself is not what other people see and so that, I mean, that's really the whole crux behind why people hate being photographed.

Now, why does it give us anxiety? Well, it comes down to the comfort zone and the comfort zone is some place that we all like to be and when we step away from that mirror then we inevitably open up ourselves for being outside of the comfort zone. So how does that play out in photography and how does this impact you? Heck, why the heck should you even care about listening?

Because

the thing that I'm realizing or I think over time has happened is that photography is, I did not, oops, see, this is

what happens when you try and do all the things. I really hope that I have been talking to you and you can hear

me just fine, there's no delays or anything like that but if there was, I'm gonna start again but

for those of you who are just tuning in, logging on, rewatching, my name is Marcia Stuhler. I am the artist

behind Love is Love Photography and today's candid conversation is talking about photo anxiety and why we

hate being photographed.

Almost all people will hide from a camera and even if they are supermodels or actresses or things like that, they

don't necessarily like being in front of the camera. That's part of their job and it's part of my job as a

photographer. I think part of my job is to understand why people don't like to see me. It's kind of like, why do

people not like to go to the dentist? People almost freak out when they have to go to the dentist.

Not everybody but I would say a good percentage of people. So the way that I can think about explaining this

whole comfort zone and why we don't like being in front of the camera is it comes down to mirrors.

Scientifically, scientists have said the reason why we do not like the version of what we see in print or an image

that somebody tags us in, all those things that kind of amp up the anxiety and that is this, the opinion that is

outside of the comfort zone is up for grabs so anybody can make a comment about how you look.

They

can tag and make a joke that you don't really find funny and that's what makes us nervous. So now, in this world of everybody is kind of always on and on stage if you will because as soon as we open up Facebook, we are traveling or we are on stage, all of us whether you're actors or not, you're on stage. Soon as you post a photo, on stage. Soon as you tag a photo, on stage. That's what happens and it's through kind of watching my children that I realized that this process as a photographer is broken.

I think it's broken and I think that we are getting, we are learning what it's like to live outside of that comfort zone and have our digital image out there traveling amongst the world wide web and the reason I say traveling is because I realized that the same and please, if you feel like I'm incorrect, leave a comment because it's this very grandiose idea which I'm not immune to. I love grand ideas but it's this grand idea that the anxiety of being photographed as well and the anxiety of traveling are probably one in the same.

It's something that you either know you have to do or it's something that you know you truly want to do and you wanna experience but there's so many unanswered questions that might come up that you freak out a little bit. I love to travel. I love to travel a lot. I love to travel and this is gonna sound odd. I love to travel by myself. As a parent, that is for a lot of people hard to come by, solo travel, adventuring off into the unknown and since out of all three kids, I've gone to several different countries, different states.

I just get up and go. That's just my thing and I think it's because travel sets my anxiety at ease. It's a real expensive

antidepressant but it's mine and when I go to different places, I realize that the chaos of everyday is gone. I mean

, that's what everybody travels for. They want a vacation. But when you are having your photo taken, you can't

escape. You can't escape.

And when you are trying, actually, when you have hired someone to come and provide a likeness of you, like I

was saying earlier if you're just tuning in, like I said earlier, the science of it all is the way we see ourselves is the

way we see ourselves in the mirror and so scientifically, we're not really going to like by, I can't even think of

the word so I'm just, scientifically, we are not gonna like the photos of ourself because what we see about

ourselves and what other people see are completely different and again, like with traveling, the idea that we have

when we set out for a trip whether it's planned, it's unplanned, we have this idea of things that we want to

accomplish and when we don't accomplish them then well, we kinda get frustrated or we worry that we've made

the wrong, made a mistake, we made the wrong decision, things like that and that's not the case.

That's not the case at all and when it comes down to photography, the photo anxiety, it amps up because we

really haven't established trust with that other person. We don't know what their endgame is. I mean, we know

what the endgame is when they're taking a picture of us but the endgame is to take a photograph that you, me,

anyone would be delighted to see and that's a hard job to do and it's being comfortable with our self-image and

the choices of our self-image and that's where the photo anxiety comes into play and so I just wanted to at least

talk about that and how the comfort zone, it's the death, it is the death to creativity and if you have not, if you

have

not established that rapport with someone to be able to take their likeness or take your likeness when it comes down to a photo session, in a way, you are killing the creativity that could possibly transpire by just being yourself and choosing to let go of all of that anxiety.

I always say this. I don't even know who I say it to but I'm gonna say it to you. If you look at yourself in the mirror, who is that person, okay, sorry. If you look at yourself in the mirror, who is that person who is looking back at you? Is that person 16? Is that person 21? Does that person have kids? Does that person, has that person experienced fear or pain or things like that? Who is that person? Because that at the core of what I geek out about is finding that person.

I go on a travel expedition, exploring, I don't even know the right word, I've gone about 20 seconds over my time but for me, when I come and I photograph someone, it is like exploring, figuring out who they are at the core, figuring out really why, what is their story and how it interplays with the family and what happened before they came into the picture whether it be kids or husband or wife. Photographing people and figuring out the whole unearth of their story, I don't know, you get the picture. Hopefully you get the picture.

No pun intended. So yes, I really believe that at your core, finding someone who, at your core, finding someone who can pull out the deepest parts of your story and maybe some of the uncomfortable parts of your story, if you're able to do that, if you find someone who's able to do that, who can show you the likeness of yourself, that's

who you hire.

That's all I got. Alright, friends. See you next Tuesday. Bye.