



Guide to Photographing People

by Ben Larrabee

It's about your relationship to your subjects. It doesn't matter if you're using a phone or an SLR camera.

Let your subjects wear whatever they like. Let their clothes be about who they are.

Let go of your temptation to control. Give minimal instructions so your subjects can be natural and show themselves. This might be very hard. You'll be surprised and rewarded with images you thought you could never get.



No rules about what to wear.

Changing things gives you a chance to refresh how you relate to your subjects.

Notice the subtle changes when people move from one room to another. Someone might become more energetic, more quiet or more comfortable in a space.

If you're photographing multiple people, change who is standing next to whom.



Move from room to room.

Let the energy of your subjects be your guide whether you're photographing indoors or outdoors.

Don't ask subjects to look at the camera. You want spontaneity. When you ask them to look at the camera you interrupt who they are and lose the moment. Your photo will look like 1,000 other images. Boring.



Show the relationship between your subjects.



Looking at the camera isn't required.

Plan to make 30-50 exposures per idea. Make each exposure by intention. Explore your subject thru your camera. **Keep moving things around, shoot into the moment.** If you wait for something to happen you'll miss it when it does.

Use your camera to visually explore your subjects. Start with an idea like the light or the composition. Try a different angle or zoom in and out as a way to find the sweet spot. If you're photographing a group try coming in closer on individuals. People tend to look and act differently when they're with others.

Think of your goal as **making an image that you care enough about to frame** and hang on a wall in a prominent place.

About Us

We bring joy to families by creating images that show love and connection with a relaxed, spontaneous photo experience at their home.

After the session we guide our clients through the process of selecting images, deciding how and where to install them and oversee the final installation so family moments can be enjoyed for years to come.

This is art of the family for the home.

Ben's work is in the permanent collections of:

The Museum of Modern Art, NY
The Museum of Fine Arts, Boston
George Eastman Museum, Rochester
The High Museum, Atlanta

Contact Us

To find out more about our process and commissioning us for a BL portrait session:

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