

Unlock Inner Chaos: Create a Multi-Exposure Psychological Portrait with AI

Por Eduardo Woetter · Publicado em 02/04/2026

Master AI image generation with this 10-part framework prompt. Learn to create a stunning, high-contrast multi-exposure psychological portrait using your own photos.

Versão online e eventuais atualizações:

<https://woetter.com/post/multi-exposure-psychological-portrait-ai-prompt>

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gemini nano banana

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manus

copilot

chat-gpt

This guide provides an advanced AI image generation prompt to create a striking black-and-white, multi-exposure psychological portrait. Utilizing a 10-part orchestration framework, users are instructed to upload their own photo to generate a visually fragmented, emotionally raw image featuring five screaming faces with progressive radial motion blur. It explores fine art photography concepts, high-contrast lighting, and dissociative visual techniques.

The 10-Part Orchestration Framework Image Prompt

Important: For this prompts to work perfectly, you must attach a reference picture of yourself with the AI prompt.

Subject: An adult male, exactly matching the person from the attached picture.

Composition: A multi-exposure composite arranged in a radial burst pattern against a pure off-white, clean background. The framing is a tight portrait crop focusing on the head and upper bare shoulders.

Action: The subject is screaming in intense raw anguish. The central dominant head is tilted back at approximately 70 degrees, eyes tightly shut, mouth wide open facing upward. Surrounding it are four ghosted heads (upper-left, upper-right, lower-left, lower-right) with varying angles of profile and three-quarter views. All faces have closed eyes and open screaming mouths.

Location: A stark, blank studio environment with zero distractions.

Style: Fine art psychological portrait photography. Black and white aesthetic with high contrast, rich deep blacks in the shadows, and bright clean whites in the highlights. Represents emotional fragmentation, raw emotion, and inner chaos.

Editing Instructions: Apply a radial motion blur emanating outward from the central head. The blur intensity must increase with distance from the center.

Refining Details: The central head must be the sharpest with the highest opacity, showing fine pore detail. The four outer instances must have progressive motion blur and decreasing opacity, fading smoothly into the background. Ensure a photorealistic render quality that mimics an authentic in-camera multiple exposure.

Camera, Lighting and Format: Soft diffused studio light with a frontal-slightly-overhead direction. Gentle and minimal shadows without harsh edges to maintain a clinical, psychological mood. Ultra-high resolution.

Composition and Aspect Ratio: Vertical portrait orientation, 9:16 aspect ratio.

Camera and Lighting Details: Deep depth of field on the central anchor head, progressively diffused on the outer instances.

Specific Text Integration: Add a subtle watermark "prompt.woetter.com" in the bottom-right corner, 20% opacity, with 50px padding.

Factual Constraints: Do not include color tints, colored backgrounds, props, extra body parts, cartoon or illustration styles, noise or grain artifacts, open eyes on the blurred heads, more than five head instances, or symmetrical cloning.

Reference Entries: Derive exact facial likeness, hair style, and skin texture exclusively from the attached reference image.

Deconstructing the Prompt

Creating this psychological portrait requires precise AI commands. Here is a brief breakdown:

1. Subject & Likeness

By starting with “the person from the attached picture,” you force the AI to anchor the generated asset to your specific uploaded photo.

2. Multi-Exposure & Motion Blur

The core of this effect relies on “radial motion blur” and specifying the exact number of heads (five). We dictate that the center is sharp, while the outer layers are “ghosted” to create the illusion of chaotic movement.

3. High-Contrast Monochrome

Using commands like “fine art psychological portrait,” “high-contrast,” and “deep blacks” ensures the image remains stark and clinical, avoiding distracting colors to emphasize pure emotion.

JSON Prompt

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{
  "concept": "Multi-exposure psychological portrait — five instances of the same face from the attached picture, screaming in anguish, radiating outward from a central sharp exposure with progressive motion blur",
  "subject": {
    "description": "Person from the attached picture, bare shoulders visible at bottom frame",
    "expression": "Mouth wide open in a full scream, teeth fully visible, intense raw anguish",
    "note": "Derive exact facial likeness, hair, and skin texture from attached reference image"
  },
  "multi_exposure_positions": {
    "note": "Five layered instances of the same head, all screaming, arranged in a radial burst pattern",
    "head_1_center_front": {
      "position": "center of frame, dominant and largest",
      "angle": "slightly tilted back, face pointing upward at ~70° from horizontal",
      "eyes": "tightly shut with force",
      "mouth": "fully open facing upward-forward, lower jaw dropped wide",
      "sharpness": "sharpest, highest opacity, anchor of the composition"
    },
    "head_2_upper_left": {
      "position": "upper-left quadrant, overlapping the central head",
      "angle": "three-quarter profile facing left, ~135° counter-clockwise from center",
      "eyes": "closed or mid-close in scream tension",
      "mouth": "open, directed toward upper-left",
```

```
"sharpness": "moderate motion blur, mid opacity"
},
"head_3_upper_right": {
"position": "upper-right quadrant",
"angle": "near-pure lateral profile facing right, ~45° clockwise from center",
"eyes": "closed or barely visible",
"mouth": "open, directed toward upper-right",
"sharpness": "moderate motion blur, mid opacity"
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"head_4_lower_left": {
"position": "lower-left area, partially merging with center head",
"angle": "near-profile facing left and slightly downward, ~200° from center",
"eyes": "closed",
"mouth": "open, directed lower-left",
"sharpness": "strong motion blur, lower opacity, ghosted"
},
"head_5_lower_right": {
"position": "lower-right area",
"angle": "three-quarter profile facing right, lower in frame ~315° from center",
"eyes": "closed",
"mouth": "open, directed lower-right",
"sharpness": "strong motion blur, lowest opacity, most ghosted"
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},
"visual_technique": {
"type": "long-exposure composite / multiple exposure photography",
"blur": "radial motion blur emanating outward from the central head, intensity increases with distance from center",
"color_grade": "black and white, high contrast, rich deep blacks in shadows, bright clean whites in highlights",
"skin_texture": "fine pore detail visible on sharp central head, smooth fade on blurred instances"
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"composition": {
"orientation": "vertical portrait",
"aspect_ratio": "9:16",
"framing": "head and upper shoulders, tight portrait crop",
"background": "pure off-white / very light neutral gray, clean, no distractions",
"depth_of_field": "deep on center head, progressively diffused on outer instances"
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"lighting": {
"type": "soft diffused studio light",
"direction": "frontal-slightly-overhead",
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```

"shadows": "gentle and minimal, no harsh shadow edges",
"mood": "clinical, stark, psychological"
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"aesthetic": "fine art psychological portrait photography",
"references": "multiple exposure technique, emotional fragmentation, dissociative identity concept",
"mood": "anguish, raw emotion, inner chaos, psychological breakdown"
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"render_quality": "photorealistic, studio photograph",
"aspect_ratio": "9:16",
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"colored background",
"props or objects",
"extra hands or body parts",
"cartoon or illustration style",
"low resolution",
"noise or grain artifacts",
"open eyes on blurred heads",
"more than five head instances",
"symmetrical cloning"
]
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"watermark": {
"text": "prompt.woetter.com",
"position": "bottom-right",
"opacity": "20%",
"padding": "50px"
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}

```

Fluid Text Version Image Prompt

A high-contrast black and white fine art psychological portrait featuring the person from the attached picture. The composition uses a long-exposure multiple exposure technique to show five layered instances of the subject's head arranged in a radial burst pattern against a pure off-white background. The central, largest head is razor-sharp with deep depth of field, tilted upwards at 70 degrees, screaming in raw anguish with eyes tightly shut and mouth wide open. Radiating outward are four progressively blurred and ghosted heads (upper-left, upper-right, lower-left, and lower-right), all sharing the screaming expression

with closed eyes. Lighting is soft, diffused, and frontal-slightly-overhead, creating gentle shadows. Render in photorealistic ultra-high resolution, vertical 9:16 aspect ratio. Include a subtle watermark "prompt.woetter.com" in the bottom-right corner at 20% opacity. No color tints, no extra limbs, no props.

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