

5 CINEMATIC CHATGPT PORTRAIT PROMPTS

One reference photo. 15 generated results.

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THE REFERENCE PHOTO



HOW TO USE

Upload your own portrait to ChatGPT.
Copy one prompt from the next pages.
Each prompt has three examples.

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LOW-ANGLE ORANGE HOODIE

Copy the text, upload your own reference photo, and try it in ChatGPT.

COPY-READY PROMPT

Create a vertical 4:5 cinematic fashion photograph using the uploaded image as the identity reference. Preserve the man's recognizable face, facial proportions, hairstyle, skin tone, jawline, nose, mouth, and overall natural body proportions.

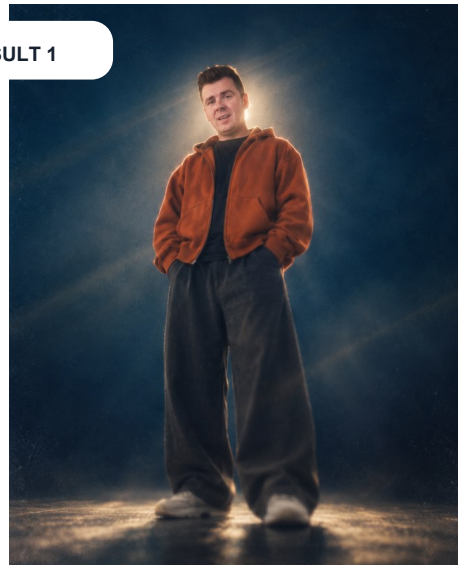
Photograph him from a low angle with both hands in his pockets. He wears an oversized burnt-orange zip-up hoodie with the hood down, a dark shirt underneath, very wide charcoal-gray pants, and light sneakers.

Use a cream-colored backlight above and slightly behind his head, creating a warm glow around the hair and shoulders. Place him against a deep petroleum-blue background with dense shadows. Add a subtle luminous optical-defocus effect: diagonal light drag, soft contours, haze, and light softly spreading across the face and shoulders. Keep the facial features partially visible in shadow but still clearly recognizable.

Preserve the hair and silhouette. Apply stronger soft-focus blur to the sleeves, lower pants, and shoes. Add diffused lighting, fine film grain, slight paper texture, subtle lens haze, and realistic photographic imperfections. The final image should feel like an editorial analog photograph, not digital artwork. Use a petroleum-blue, cream, burnt-orange, and charcoal color palette. No text, no graphics, no logos.

THREE GENERATED RESULTS

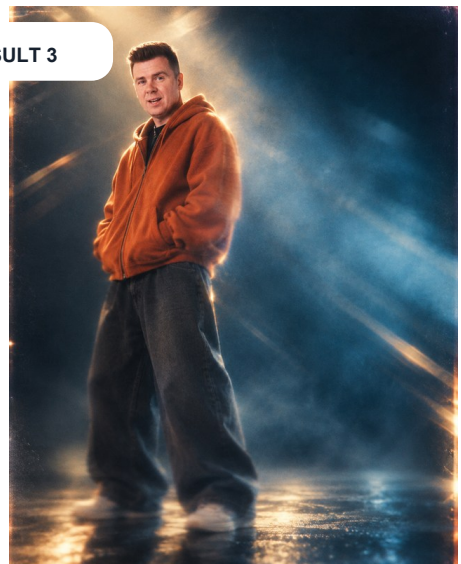
RESULT 1



RESULT 2



RESULT 3



LEVITATION PORTRAIT

Copy the text, upload your own reference photo, and try it in ChatGPT.

COPY-READY PROMPT

Create a vertical 4:5 cinematic photograph using the uploaded image as the identity reference. Preserve the man's recognizable face, facial proportions, hairstyle, skin tone, and natural body proportions.

Show him floating above a cream-colored floor. His head is slightly lowered, eyes looking toward the ground, both hands in his pockets, and both feet clearly suspended above the floor.

Dress him in an oversized ivory sweatshirt, burnt-orange athletic track pants with cream side stripes, and light-colored sneakers.

Behind his body, place one large petroleum-blue circular shape with soft, diffused edges. Add a separate dark oval shadow on the floor beneath him, clearly detached from the feet to show the levitation height.

Use soft diffused lighting, a gentle cream glow on the clothing, subtle vertical light trails around the sleeves and pants, fine film grain, paper-like printed texture, and slight optical blur. Keep the face anatomically coherent and recognizable under the soft lighting.

The overall atmosphere should feel light, suspended, quiet, surreal, and photographic, with strong contrast between luminous cream tones, burnt orange, and petroleum blue. No text, no graphics, no logos.

THREE GENERATED RESULTS

RESULT 1



RESULT 2



RESULT 3



TWO VERSIONS OF YOU

Copy the text, upload your own reference photo, and try it in ChatGPT.

COPY-READY PROMPT

Create a vertical 4:5 cinematic analog-style photograph using the uploaded image as the identity reference. Preserve the man's recognizable face, facial proportions, hairstyle, skin tone, jawline, nose, and overall body proportions.

Show two appearances of the same man within one unified scene.

On the left, place a larger version of him, framed from roughly the thighs upward. His hands are in his pockets and his head is gently lowered.

On the right, place a smaller version of the same man walking away from the camera, seen from behind.

Both figures wear oversized burnt-orange zip-up hoodies with the hoods up, very wide light-wash jeans, and casual shoes. For the larger figure, preserve the real width and structure of the face beneath the hood. Use soft reflected cream light to reveal part of the face inside the shadow.

Build one atmospheric environment using petroleum blue, cream, and burnt orange, with visible depth between the two figures. Blend both appearances together naturally like an analog double exposure, without a hard split between them.

Add optical defocus, soft edge lighting, pale mist near the legs, film grain, light leaks, printed-paper texture, subtle scratches, and dreamy haze. The scene should feel moody, cinematic, introspective, and photographic. No text, no graphics, no logos.

THREE GENERATED RESULTS

RESULT 1



RESULT 2



RESULT 3



SIDE-PROFILE LIGHT TRAILS

Copy the text, upload your own reference photo, and try it in ChatGPT.

COPY-READY PROMPT

Create a vertical 4:5 cinematic long-exposure photograph using the uploaded image as the identity reference. Preserve the man's recognizable side profile, nose, jawline, hairstyle, skin tone, and natural body proportions.

Show him walking toward the left in profile, head slightly lowered, with a calm serious expression. He wears a graphite-colored jacket, loose wide black pants, and dark shoes. His body should be mostly in silhouette while the side profile remains recognizable.

Place a very bright cream-colored opening or glow directly behind and slightly above his head. Let this glow spread into a deep petroleum-blue background.

Create a bluish motion trail behind his face, shoulders, torso, and legs, as though captured with a real long exposure.

At waist height, add several elliptical cream-colored light trails with slightly amber cores. These light trails should pass naturally both behind and in front of the body with irregular edges, varied thickness, soft overlap, and realistic in-camera light-painting behavior. They must not look like perfect CGI rings.

Use diffused glow, dense shadows, motion blur, fine film grain, printed-paper texture, subtle scratches, fog, and a slightly reflective ground. Keep the look photographic, moody, cinematic, and analog. No text, no graphics, no logos.

THREE GENERATED RESULTS

RESULT 1



RESULT 2



RESULT 3



HEADPHONES DOUBLE EXPOSURE

Copy the text, upload your own reference photo, and try it in ChatGPT.

COPY-READY PROMPT

Create a vertical 4:5 cinematic analog double-exposure photograph using the uploaded image as the identity reference. Preserve the man's recognizable facial features, hairstyle, skin tone, side profile, and natural proportions.

Show the man in the foreground wearing large ivory-colored over-ear headphones, a cream T-shirt, and dark pants. He appears in right-facing profile, looking slightly downward, with one hand raised near the headphones and the other hand relaxed near or inside his pocket.

In the background, overlay an enormous heavily blurred version of his own head wearing the same headphones. This second exposure should occupy much of the frame and feel almost abstract, while still clearly being the same person.

Add burnt-orange light behind the smaller foreground head, petroleum-blue shadows around the outer edges of the frame, and a diffused cream-colored luminous area in the lower portion.

Use depth, luminous haze, soft motion trails around the arms and torso, film grain, dust, slight scratches, light leaks, and paper texture. Make the foreground profile more legible than the huge background exposure.

Blend both scales together naturally so the final image resembles an analog printed double-exposure photograph or cinematic album cover. No text, no graphics, no logos.

THREE GENERATED RESULTS

RESULT 1



RESULT 2



RESULT 3

