

12 Versionen vom Ich

Anhang zum Blogbeitrag <https://blog.idethloff.de/> vom 24.5.2026

Folgende Bildergebnisse wurden generiert aufgrund von angepassten Prompts aus <https://bananaprompts.com/de/explore>



Bilder nummeriert von links nach rechts, zeilenweise.

Angegeben im Folgenden die Original-Überschriften der Beispiel-Prompts.

1) Instinct and Spirit

Create a realistic and emotional scene showing a woman (use the provided image for accurate facial features) and an eagle owl on a low tree face to face in a moment of connection and respect. The woman's eyes are closed, with a serene expression, while the eagle owl gently rests its forehead and muzzle against his, conveying trust and a spiritual bond.

The woman is standing on ground covered in light snow, with snowflakes gently falling. The woman wears a red coat and hair slightly tousled by the wind.

In the background, a cold, misty natural landscape with blurred mountains and gray tones reinforces the calm and powerful atmosphere.

The lighting is soft and diffuse, highlighting the textures of the skin, feathers, and coat, creating a cinematic and poetic atmosphere.

The composition should convey friendship, courage, and harmony between woman and nature.

Suggested settings:

Style: Ultra-realistic, cinematic, 8K

Lighting: Soft, diffuse, natural winter light

Camera: Medium close-up, focus on expressions

Emotion: Connection, respect, tranquility

Setting: Falling snow, blurred background with mountains

2) A hyper-realistic portrait

A hyper-realistic portrait of the uploaded young woman Susan inside a giant fictive social media post frame that dominates the scene. Her face remains same, sharp and untouched, wearing dark sunglasses, long black trousers and sleek shoes, exuding bold charisma. Her relaxed pose shows her right elbow resting on her knee, left arm casual, and one leg stepping out of the fictive social media frame in a 3D illusion. The fictive social media frame is highly realistic with username FictivePrompts, verified question mark, display name "AI Generation", caption: "Too real to stay inside frame #AICreation #FictivePrompts", and fictive icons. The background is designed for female boldness: deep cobalt blue blending into cyan, with subtle light streaks adding energy, Clean, cinematic lighting highlights her clothing textures and the 3D illusion, making her the viral centerpiece.

3) Crafting the Night

Cinematic photorealistic portrait, vertical composition, saturated and vivid colors. A woman wearing sun glasses (use the provided image for accurate facial features) stands outdoors at sunset, waist up, in the right third of the frame, facing front. She holds a giant, bright full moon in both hands, palms supporting its lower part, fingers spread. The moon is large, occupying the upper left quadrant, glowing intensely in a golden orange (#FF9E00 – #FFB84D), with visible craters

and texture, radiating strong light. The woman wears a light grayish-beige dress shirt. Her skin and face are illuminated by a warm, deep orange light from the bright moon. Background: dramatic, saturated twilight sky, deep fiery orange (#FF4500) and intense crimson red (#D9381E) near the horizon, merging upward into a dark purple-violet (#4B2E83). Low: Dark clouds, visible horizon, silhouettes of trees and buildings in pure black (#000000), with some small, bright bokeh lights. Lighting and style: Cinematic golden hour tones, high saturation, high contrast, dramatic and dreamlike, warm and intense highlights of the moon, deep shadows for silhouette effect, photorealistic rendering, poetic atmosphere.

4) LinkedIn Hiring

Edit this image to show an innovative professional woman with black sun glasses (use the provided image for accurate facial features) in a creative thinking pose with one hand touching her chin thoughtfully, other hand holding a laptop open at waist level, standing in a three-quarter stance with an enthusiastic visionary expression looking at the camera. She's wearing a modern electric blue blazer over a casual white blouse for creative professional appeal. The background is pristine white fading to soft mint green gradient. Digital marketing visual elements float around her: totally fictive social media platform icons, minimalist megaphone graphics, ascending analytics chart symbols, engagement icons like hearts and comment bubbles, target/bullseye symbols, and at-sign symbols. Colorful metric badges showing growth numbers (+2.5k, +850). Connecting lines and nodes between icons suggest integrated campaigns. Small lightning bolt and star accents in blue and green add creative energy. The left side displays compelling typography: "WE'RE HIRING" with "HIRING" highlighted in an electric blue box, followed by "digital marketers" and "#creative minds wanted" in contemporary sans-serif font. Top left features a campaign or strategy icon. The overall aesthetic is innovative, data-driven yet creative, with professional recruitment energy. Photorealistic rendering with vibrant engaging lighting, digital agency style, and modern marketing talent acquisition aesthetic.

5) Retro Ride

A lifestyle photograph with a vintage, sun-drenched aesthetic captures a female figure inside a classic luxury car. The subject sits casually in the driver's seat, angled toward the passenger. The pose is relaxed, with one elbow resting on the center console and her hand gently supporting her chin, while her gaze behind black sun glasses is direct and captivating to the camera.

She wears a casual yet stylish outfit: a dark, faded vintage rock band t-shirt (like Bon Jovi) and a simple black choker necklace. On her feet are classic white sneakers.

Her hair is long, with a natural, sun-kissed look, with strands falling over her shoulders. Her makeup is minimal and natural, enhancing the beauty of her features.

The car's interior is a key element, featuring cream or beige leather seats and a rich wood dashboard with classic analog dials. The car door is open, revealing a glimpse of the exterior on a sunny day. The scene is bathed in the warm, golden light of late afternoon (golden hour), which

filters through the open door and windshield, creating soft highlights on skin and hair, and delicate shadows inside the vehicle.

Camera Settings: Captured with a prime lens (e.g., 35mm or 50mm) on a full-frame camera to create a sense of intimacy and a natural perspective. Aperture set between f/2.0 and f/2.8 for a shallow depth of field, which keeps the subject in sharp focus and gently blurs the background. ISO 200-400 to capture ambient light with a slight grain that adds to the vintage aesthetic. Exclusively natural lighting, taking advantage of the warm light of the golden hour for a cinematic effect.

Instructions for the "nano banana":

"Please use the user's reference image to capture and apply all of their facial features, facial structure, eye color, skin tone, style, and hair color with maximum fidelity. The goal is to create a version of the user in this vintage-style portrait. The clothing (band t-shirt, choker, sneakers), the casual pose inside the classic car, the warm, natural lighting, and the detailed interior of the car should be rendered as described, creating a seamless fusion between the user's identity and the aesthetics of the image.

6) Human form technology

Uma jovem de perfil, com óculos de sol pretos, que olha para cima e para a direita, com o rosto iluminado por circuitos digitais e diagramas futuristas que se sobrepõem à sua pele. A iluminação tem tons quentes, com luzes brilhantes e pontos luminosos em tons de laranja e branco, que criam um efeito de bioluminescência tecnológica. O fundo está desfocado, com bokeh de luzes urbanas e futuristas. A atmosfera é envolvida por alta tecnologia e mistério, com elementos de ficção científica e cibernética. A imagem tem uma estética rica em detalhes e luminosa, com o foco na fusão entre a forma humana e a tecnologia.

Please use the user's reference image to capture and apply all of their facial features, facial structure, eye color, skin tone, style, and hair color with maximum fidelity. The goal is to create a version of the user in this portrait.

7) Rio de Janeiro

Ultra-realistic photo of a woman wearing sun glasses sitting on the edge of a high mountain peak overlooking Rio de Janeiro, Brazil (use the provided image for accurate facial features). The city, coastline, and Sugarloaf Mountain are visible in the background under a hazy blue sky. The woman wears a red blouse and white cargo trousers. She sits calmly, looking at the camera, with soft natural morning light illuminating the scene. The photo captures a sense of adventure, height, and tranquility, with a detailed view of the city and the ocean below. Shot in high resolution, DSLR-style realism.

8) Lines of Grace

Edit this image to transform it into a highly detailed pencil sketch of a woman with sun glasses, but change her pose to a slightly younger woman and something more expressive and elegant. Instead of reaching forward, show her sitting slightly sideways, one hand gently touching her chin while her eyes gaze softly to the side, lost in thought. Keep her hair loosely flowing, with a few strands drifting across her face. Her outfit should be simple yet textured, like a light blouse or dress with subtle folds. Use fine graphite linework, delicate cross-hatching for shadows, and soft tonal gradients to highlight her cheekbones, hands, and posture. The sketch should feel artistic and emotional, like a moment captured in stillness — detailed, natural, and full of quiet beauty.

9) Joy in Sunlight

Convert this image so that the woman with black sun glasses is sitting in the center of a high-back armchair in a minimal, monochromatic studio setting. Replace the current background with a seamless wall and floor in sunflower yellow, representing joy, life, and energy. Dress her in a matching yellow outfit (business suit) paired with white shoes. Keep her hat in a natural beige tone for contrast. The chair should be upholstered in the same sunflower yellow tone, blending smoothly with the background. Change her hand position so one hand rests lightly on the armrest while the other rests in her lap, giving a playful but relaxed look. Her posture should feel open and natural. Lighting should be bright and soft, adding warmth to highlight the theme of joy. The overall effect should be cheerful, modern, and minimalist, in ultra-high-resolution portrait style.

10) Avião carro e homem

«Retrato luxuoso de uma mulher com carro desportivo e jato privado»

Requisitos principais (aspectos positivos):

Retrato de uma mulher num estilo editorial luxuoso, que mostre a mesma mulher da referência principal (óculos de sol pretos, expressão facial segura e madura), ao lado de um carro desportivo vermelho de alta potência, com um jato privado branco ao fundo.

Ela veste um elegante fato de negócios preto feito à medida, uma blusa branca com a gola ligeiramente aberta, sapatos de salto alto pretos e um relógio de luxo.

A cena decorre num aeroporto privado sob luz natural intensa, céu azul com nuvens brancas e luz do meio-dia. O pavimento de asfalto reflete a luz do sol e o carro apresenta reflexos metálicos realistas.

A composição transmite poder, sucesso e requinte, com o foco no contraste entre a mulher, o carro e o jato. Estilo cinematográfico, alta nitidez, textura realista da pele, tecidos e superfícies metálicas.

Detalhes técnicos e estéticos:

Cena: Aeroporto privado, com jato executivo visível e pista de aterragem

Personagem: a mesma mulher da foto original

Vestuário: fato preto feito à medida, blusa branca, sapatos de couro

Acessórios: relógio de luxo, óculos com armação grossa

Carro: carro desportivo vermelho (Ferrari, Lamborghini ou similar), no qual se reflete o céu

Avião: jato executivo branco, estacionado atrás do carro

Iluminação: luz natural do meio-dia, alta luminosidade, sombras definidas

11) Escritor

Uma imagem ultrarrealista de uma mulher com óculos de sol pretos, sentada à sua secretária e a olhar para uma parede coberta de papéis, notas e desenhos colados de forma desordenada. Ela veste a roupa clássica e simples de uma escritora, como uma blusa de mangas compridas e um colete simples. Sobre a mesa encontram-se pilhas de livros, cadernos, papéis espalhados, uma caneta e um tinteiro, o que transmite a impressão de um intenso trabalho intelectual e criativo. Uma luz quente e dramática proveniente de candeeiros de mesa ilumina parcialmente a cena, criando sombras e profundidade. Uma atmosfera íntima e ligeiramente desarrumada, que sugere concentração intensa e inspiração literária. Câmara a uma altura média (da mesa para cima), textura hiper-realista nas roupas, pele, papéis e objetos. Estilo cinematográfico, cores quentes e terrosas, atmosfera contemplativa, cheia de criatividade, semelhante ao quarto de uma escritora absorpta na sua obra.

12) Time Magazine

Create a fictive business Magazine cover-worthy portrait with authoritative pose, professional woman business attire, and sophisticated background setting. Include a golden border frame, Magazine logo, and "Person of the Year" typography with appropriate year designation. Use the provided image for accurate facial features. The slightly younger woman wears black sun glasses.

Please check the text shown on the cover for accuracy. The year should be 2027.