



IDENTITY PRESERVATION

This guide will help you preserve the accuracy of your likeness when using generative AI to create images and videos that include your face.

Getting AI to achieve 100% perfect identity is still a challenge. Image and video generation tools are getting better at this, but as of now, the likelihood of a perfect facial match happening is small. The goal is to control the AI to preserve your likeness and not reinterpret it through effective prompting.

Here are some helpful prompts to help you preserve your likeness when using images of yourself for image and video creation.

BEST METHOD TO KEEP YOUR FACE ACCURATE

EDIT/INPAINTING

Prompt:

“Keep my face exactly the same. Only change **[DESCRIBE WHAT YOU WANT CHANGED]**.”

This works because:

- The AI keeps the original pixels of your image
- The AI only modifies the areas that you specified (background, clothes, etc.)

VERY EXPLICIT + REPETITIVE

Prompt:

“Use the exact same face from the original image. Do not alter facial structure, skin tone, eye shape, nose, or proportions. Preserve identity exactly. Only change the background.”

Being repetitive actually helps in this case. Also, explicitly calling out facial features you don't want changed is another way to improve the AI's output.

Other ways to improve the output are by adding:

- “No stylization”
- “No face enhancement”
- “No reinterpretation”

PROVIDE MULTIPLE REFERENCE IMAGES OF YOURSELF

This only applies to tools that allow you to upload more than one image.

-Upload 2-5 images of your face. If you want to create images that show you in different angles upload images of you in different angles.

This is important because it reduces distortion and guessing.

KEEP TRANSFORMATIONS MINIMAL

The more an AI has to rebuild/change your face the more likely your likeness will be off.

Things to avoid or minimize changes to.

- Your pose
- The angle of your face
- The lighting

Best results come from:

- Same pose
- Same or similar lighting
- Then change the environment or clothes

THINGS TO AVOID

"Make me look like..." (this invites reinterpretation)

"In the style of..." (changes facial features)

Full-body transformations with new poses

Cartoon/anime styles (identity will shift)

AI image generation tools learn facial patterns. Each time you make a request for an AI to create an image with your face, it reconstructs it each time. Using the anchoring tools mentioned above will keep your likeness from drifting (changing).

PRO WORKFLOW

1. Upload the image of you
2. Ask for: "Edit this image. Keep my face exactly the same. Replace the background with ____."
3. Then iterate in small steps (prompt chaining method)
 - a. Background
 - b. Then clothes
 - c. Then lighting

Or

1. Upload the image of you
2. Ask for: "Edit this image. Keep my face exactly the same. Replace the background with ____."
 - a. Then include the rest of the changes that you want (background, clothes, etc.) in the same prompt instead of iterating. (One-shot prompting method).

These methods can help you achieve around 90-95% consistency.

CORE "FACE PRESERVATION" PROMPT (Use This Every Time)

Prompt:

"Use the exact same face from the reference image. Preserve identity exactly. Do not change facial structure, skin tone, eye shape, nose, lips, jawline, or proportions. Do not stylize or reinterpret the face. Keep the face identical to the original image. Only change **[background/clothing/setting]**."

** Great foundational prompt that you can use every time.*

EXPLICIT + REPETITIVE VERSION

"Edit the provided image. Preserve the exact facial identity with no changes whatsoever to facial structure, proportions, skin tone, or features. The face must remain identical to the original image. Do not stylize, enhance, or reinterpret the face. Only modify the environment and clothing as specified. Maintain realism and consistency with the original face."

BACKGROUND CHANGE

Prompt:

"Edit this image. Keep my face exactly the same with no changes to identity or proportions. Do not alter facial features in any way. Replace only the background with a futuristic AI lab. Maintain original lighting on my face."

OUTFIT CHANGE

Prompt:

"Keep my face identical to the reference image. Do not modify facial features, proportions, or skin tone. Change only my clothing to a professional business suit. Ensure my face remains untouched and consistent."

FULL SCENE CHANGE

Prompt:

"Generate an image of me in a modern tech conference setting using the attached image as a reference. Preserve my exact facial identity with no changes to structure, proportions, or features. Do not stylize or alter my face. Match my face as closely as possible to the original image."

CINEMATIC / BRANDING SHOTS

Prompt:

"Create a cinematic photo of me speaking on stage. Use the reference image and preserve my exact facial identity. Do not alter my face in any way. Maintain realistic proportions, skin tone, and facial structure. Only enhance lighting and environment."

"ANTI-DRIFT" ADD-ONS (VERY IMPORTANT)

Add these lines to ANY prompt when results start drifting:

- "No face alteration"
- "No facial reinterpretation"
- "Identity must remain unchanged"
- "Exact likeness required"
- "Do not generate a new face"

Words to AVOID (they cause face changes)

The following words and phrases trigger face reconstruction

- "Make me look like..."
- "In the style of..."
- "Enhance my face"
- "Improve appearance"
- "Stylized"

SLIGHT CHANGES TO YOUR FACE

In a lot of cases, you are going to want AI to make some changes to your face. Things like a smile or other changes in expression. The key here is to keep the same identity while allowing natural changes in expression. Here are some prompts to help you do that.

SMILE / EXPRESSION CHANGE (BEST USE CASE)

Prompt:

"Edit this image to give me a natural, subtle smile. Preserve my exact identity, facial structure, proportions, and features. Do not change my overall appearance, only adjust the expression. Keep it realistic and consistent with my face."

Or

"Base the edit directly on the original image and modify only the expression."

This works because it allows muscle movement, not face reconstruction.

MORE EXPRESSIVE (BUT STILL SAFE)

Prompt:

"Create a version of this image where I am smiling confidently. Maintain my identity and recognizable features. Keep facial structure, proportions, and skin tone consistent. Only modify the expression in a natural way."

COMBINING EXPRESSION + SCENE CHANGE

Prompt:

"Place me in a modern tech conference setting. Preserve my identity and facial features. Add a natural, confident smile while keeping my face recognizable and realistic. Do not alter my core appearance."

BALANCED CONTROL PROMPT (VERY USEFUL)

Prompt:

"Maintain my identity and recognizable facial features. Keep facial structure, proportions, and skin tone consistent, but allow natural expression changes such as a slight smile. Do not significantly alter my appearance."

This works best when you want more flexibility in the changes to your face/expressions.

THINGS TO AVOID:

"Make me look happier and more attractive"

"Improve my face"

"Make me look better"

These changes can cause drift and trigger full facial reinterpretation.

Smiling changes the shape of the mouth, cheek position, and eye tension. When you ask an AI to change things like make you smile, the AI has to reconstruct those parts of your face.

Use words like "subtle", "natural", and "preserve identity" to help keep your likeness intact.

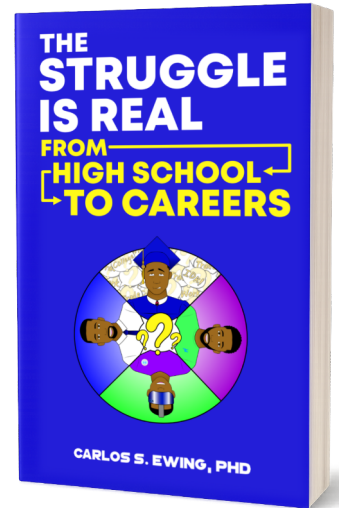
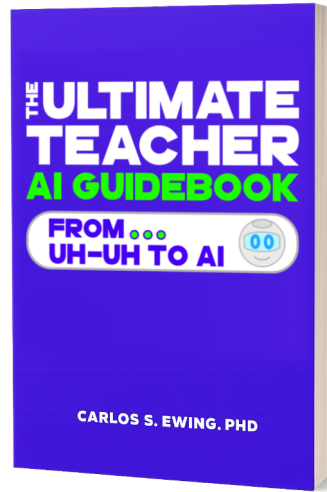
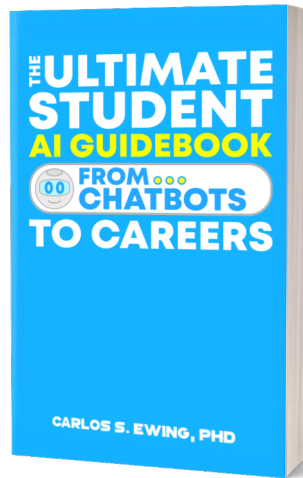
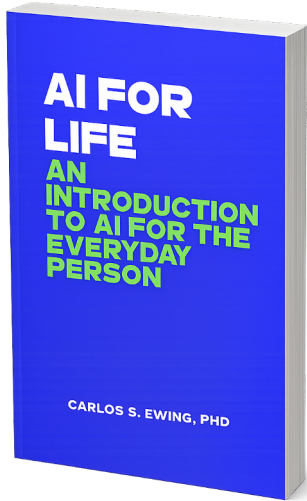
PRO WORKFLOW

1. Upload the original image of yourself
2. First prompt: "Edit this image to give me a natural, subtle smile. Preserve my exact identity, facial structure, proportions, and features. Do not change my overall appearance, only adjust the expression. Keep it realistic and consistent with my face."
3. Then iterate in small steps (prompt chaining method)
 - a. Background
 - b. Then clothes
 - c. Then lighting

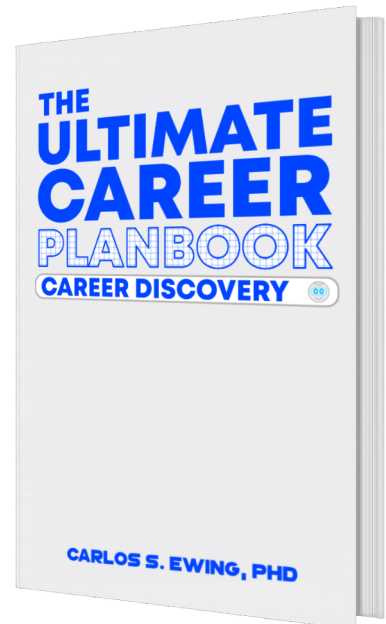
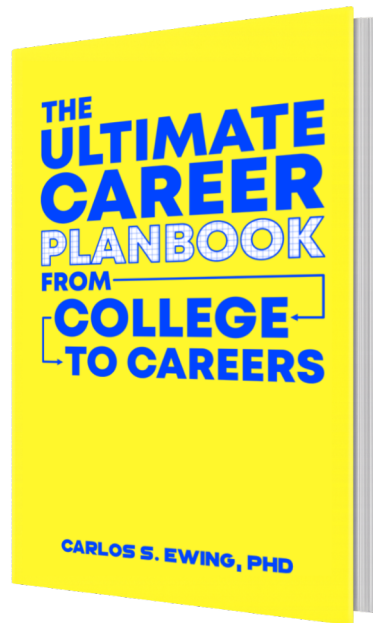
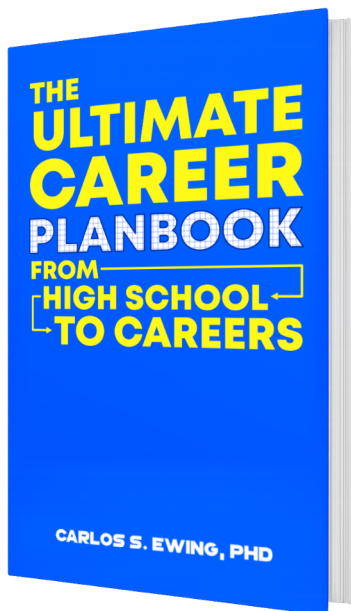
Or

1. Upload the original image of yourself
2. First prompt: "Edit this image to give me a natural, subtle smile. Preserve my exact identity, facial structure, proportions, and features. Do not change my overall appearance, only adjust the expression. Keep it realistic and consistent with my face."
 - a. Then include the rest of the changes that you want (background, clothes, etc.) in the same prompt instead of iterating. (One-shot prompting method).

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