

Flash Exposure Compensation

What Is Flash Exposure Compensation?

Concept: When you change the flash exposure to add more or less light to the scene, overriding the flash exposure set via TTL.

Function: Option that allows you to increase or decrease the amount of light the flash puts out when using TTL flash.

Flash Exposure Compensation vs Exposure Compensation


Though related, and often confused, these two functions are distinct. What's different about them is that each of those functions controls a different type of light.

Exposure Compensation: For adjusting the ambient light exposure only, and will never affect the flash exposure.

Flash Exposure Compensation: For adjusting the flash exposure only, meaning it will never affect the ambient exposure.

How To Change Flash Exposure Compensation

Depending on your camera and flash setup, you can change the flash exposure compensation several different ways:

1. Via your camera's quick menu (look for this symbol --> 
2. In the camera's menu system under the flash options
3. On the flash
4. If using a wireless flash system, you may be able to change it on the trigger

How To Use Flash Exposure Compensation (Print This page)

Before changing the Flash Exposure Compensation, you need to be sure that that is the right exposure to be adjusting. The best practice method to be sure you're adjusting the right exposure is as follows:

1. Without using your flash, frame your shot and set your ISO, Aperture, and shutter speed so that the ambient light exposure looks the way you want it to look.
2. Take a reference photo of the ambient light exposure
3. Turn on the flash and make sure it's in TTL mode.
4. Frame your shot again and take a test shot to see what the flash exposure looks like.
5. Look at the flash exposure, and compare it to the ambient exposure.
6. Based on how the flash exposure looks, adjust the flash exposure compensation* to increase or decrease the flash exposure as you desire.
7. Repeat the process until you are happy with the exposure.

**Don't forget to change it back to 0 when you are done!*

Conclusion

Shaping your light is the next step in flash photography/lighting. It's all about understanding what you want your final image to look like, and using your lights and shaping tools to help create that photo.

But you can't really shape your light if you don't know how to use your lights, and if you're using flash, you absolutely have to understand how flash works in order to shape it.

If you want to get a real jumpstart and learn everything you need to know about how flash works, how to use flash take amazing photos, and save yourself a ton of time, check out my [Understanding Flash Photography Video Course](#).

Understanding Flash Photography expands on everything covered in this quick start guide and MUCH MORE including:

- Detailed walk through of how to use TTL flash
- Detailed walk through of how to use Manual flash
- How to shoot with your flash on and off camera
- The different types of light modifiers you can use
- How to use second curtain sync
- How to use High Speed Sync
- and much more...

[Go check it out](#), and then...

**GET OUT THERE
AND TAKE
SOME DAMN
PHOTOS!**