

M A V E R I C K A I

CHATGPT AND CLAUDE CAN NOW EDIT YOUR VIDEOS

CAPTIONS, SILENCE CUTS AND ANIMATED KEY MOMENTS

ChatGPT and Claude can now edit your videos for you. Drop in a raw clip of you talking and get back a captioned, tightened, animated cut ready to post: every silence gone, captions on every word, and the key moments zoomed and titled. In ChatGPT you use Codex with the free Remotion plugin. In Claude you install my free Video Editor plugin and type one command. Either way it runs on your own computer and you never open a timeline.

Pick your app: Codex in ChatGPT or my free plugin in Claude

The install steps, click by click

The edit prompt that works first time

Approve the cuts before anything renders

Five more edits: 30-second cut, 16:9, zooms, lower thirds, batch

No plugin? One master prompt does the whole job

Quick fixes for both apps

October 2026

Start Here: Pick Your App

THE PLAN

1. Pick your app: ChatGPT (Codex and Remotion) or Claude (my Video Editor plugin).
2. Install the free plugin. About a minute, once.
3. Open a folder for your edits and drop your video in.
4. Paste the edit prompt (ChatGPT) or type /video-editor:start (Claude).
5. Approve the cuts and headlines, or the storyboard, before it renders.
6. Watch the final MP4 once with sound, then post.

Before you start

Your account: ChatGPT works on every plan, including Free (Codex is included, with limits that scale with your plan). Claude needs Pro (\$20 a month) or higher, because the Code tab and plugins aren't on the free plan.

Your computer: A Mac or Windows computer with the ChatGPT or Claude desktop app (claude.com/download for Claude). The ChatGPT route also needs Node.js 18 or newer.

Your video: Any clip of you talking. 30 to 90 seconds is perfect for your first edit.

Both apps do the same job. They transcribe your clip, cut the silences, caption every word as you say it, animate the moments that matter and render a finished MP4 into a folder on your computer. Use the one you already pay for, or try both.

What	ChatGPT	Claude
Where it runs	Codex in the ChatGPT desktop app	The Code tab in the Claude desktop app
The free plugin	Remotion, from Plugins	My Video Editor plugin
Plan	Every plan, including Free	Pro or higher
How you start	Paste one detailed edit prompt	Type /video-editor:start
Before it renders	A transcript and headline table you approve	A storyboard you approve
Your style	Lives in the prompt you reuse	Saved as your own style skill

It can	You still do
Cut silences, ums and retakes	Film the video
Word-by-word captions, styled any way you describe	Watch the result once with sound. It checks frames, it doesn't watch the video
Zooms, pop-in titles, progress bars, lower thirds, your logo	Bring music you have the rights to
Re-export for Reels, Shorts and YouTube, or cut a long video into clips	Post it. Neither app posts for you

Copy This First: Your First Edit

Install your plugin first (Step 1, about a minute). Then this is the only thing you paste.

In ChatGPT (Codex)

Drag your video into Codex, type **\$remotion** and accept the plugin, then paste this. Swap the file name and the brackets.

PROMPT 1 | COPY & PASTE

```
Edit [TALKING_HEAD.MP4] for [INSTAGRAM REELS].

1) Transcribe it with word-level timestamps using local Whisper. If it isn't installed,
download whisper.cpp and the medium.en model without asking.

2) Cut every silence longer than 0.6 seconds and every standalone "um" or "uh", leaving
120 ms of room tone on each side of every cut so breaths stay natural. No other audio
processing.

3) Captions: 3 to 4 words per page, never a one-word page, bold white sans-serif with a
black outline, current word highlighted in [#F5A623], block centered at 70% of the
height, max 900 px wide.

4) Pick the 5 strongest moments (a number, a claim, a punchline), at least 10 s apart.
On each: an 8% zoom easing in over 0.4 s and back out, centered on the speaker's face,
plus a one-line headline under 24 characters that springs in at 22% height for about
2.5 seconds.

5) Output 1080x1920 at 30 fps even if the source isn't, H.264, AAC audio.

Before rendering, show me the transcript with every cut marked and the 5 headlines as a
plain table I can edit. After I approve, render to outputs/[NAME]_edited.mp4, tell me
the final length, and show me a still at each headline.
```

In Claude (Code tab)

Put your video in your Video Edits folder and type:

PROMPT 2 | COPY & PASTE

```
/video-editor:start
```

Claude takes it from there. It checks your computer and asks before installing anything, asks a few quick questions to build your editing style (say "you pick" to any of them), shows you a storyboard, then edits, checks its own frames and shows you a preview. The final video lands in a folder called **exports**. Click the file name in the chat to watch it right inside Claude.

Step 1: Install the Free Plugin

You only do this once.

In ChatGPT

- **Open Codex.** In the ChatGPT desktop app, click the **ChatGPT / Codex** switcher in the top left and choose **Codex**. Sign in with your ChatGPT account if it asks.
- **Install Remotion.** Click **Plugins**, search **Remotion** and click **Install plugin**. Or open the Remotion plugin page at remotion.dev/docs/ai/codex-plugin and click the install link there. There's nothing to configure.

Not sure when to use Codex instead of Chat or Work? My [Chat vs Work vs Codex guide](#) explains it in two minutes, and [the four plugins I'd install first](#) are worth grabbing while you're there.

In Claude

- **Open Plugins.** In the Claude desktop app's left sidebar, open **Customize**, then go to **Plugins**.
- **Add the marketplace.** Click **Add**, then **Add marketplace**, then **Add from a repository**.
- **Paste this address** and confirm:

PROMPT 3 | COPY & PASTE

```
https://github.com/maverickmaltin/mavgpt-plugins
```

- **Add Video Editor.** Find it in the list and add it.

Plugins you add here are saved to your Claude account, so they also show up in the Code tab.

TIP

Using Claude Code in a terminal instead? Type `/plugin marketplace add https://github.com/maverickmaltin/mavgpt-plugins.git` and then `/plugin install video-editor@mavgpt`.

Step 2: Open a Folder and Drop Your Video In

In ChatGPT

- **Check your computer once.** Remotion brings its own ffmpeg and headless Chrome. Two things it can't bring: **Node.js** 18 or newer (from nodejs.org) and, on a Mac, the **Xcode Command Line Tools**, which Whisper needs to build. Open Terminal and run `node -v`. A version number means you're set. Not sure about Xcode? Tell Codex "check that node and the Xcode command line tools are installed and install what's missing" and approve the prompts.
- **Make a project.** In Codex, create a new project pointed at an empty folder (Desktop/edits is fine).
- **Drop the video in.** Drag it into the Codex window, type **\$remotion**, accept the plugin and paste the edit prompt.

HEADS UP

Codex asks before it runs commands on your computer. On the first edit expect a handful of "allow this?" prompts: cloning Whisper, building it, downloading a model, installing packages. Say yes to those. Say no to anything that isn't about this folder.

In Claude

- **Make a folder** on your desktop called **Video Edits** and put your video in it.
- **Open the Code tab.** In the Claude desktop app, click **Code** at the top. Choose **Local**, click **Select folder** and pick Video Edits.
- **Pick the model.** Open the model menu next to the send button and choose **Opus 5.5**. Then open the effort menu (**Cmd+Shift+E** on a Mac) and pick **Max**. Max is slower, but it plans a full edit way better. It only lasts for this session, so pick it again next time.
- **Type `/video-editor:start`.** On a Mac, if it needs Homebrew (a free installer), it gives you one line to paste into the **Terminal** app, because that step asks for your Mac password and you should type that yourself.

The Code tab is the version of Claude that can run programs on your computer, which is exactly what editing needs. New to it? My [Claude Code setup guide](#) covers the basics.

Step 3: Approve the Edit Before It Renders

Nothing renders until you say so, so a bad transcript never becomes a bad video.

In ChatGPT: the approval table

Before it renders, Codex hands you something like this. Real words and times come from your clip. This is the shape.

What you get back before the render
TRANSCRIPT talking_head.mp4 (160.4 s)
00:00.0 Okay so [cut "um"] I want to talk about
00:03.1 something nobody tells you. [cut 0.9s]
00:04.9 I spent forty thousand dollars in my
00:07.4 first year and made back eleven. [cut 1.4s]
CUTS: 41 silences (28.6 s) + 9 fillers (3.1 s). 160.4 s becomes about 128.7 s
5 KEY MOMENTS: 1 00:04.9 "\$40K in. \$11K back." 2 00:31.2 "Nobody says this part" 3 01:02.0 "26 months. One lesson." 4 01:41.6 "The 3-second rule" 5 02:19.0 "Do it before you're ready"
Reply approve, or edit any line.

This is where you fix the transcript (your brand name, a number it heard wrong), swap a headline, or un-cut a pause you wanted. Say "change headline 3 to 'This took me 2 years' and render" and it does exactly that.

TIP

Ask for "npx remotion studio" and it opens a live preview in your browser where you can scrub the edit before rendering. Five seconds to open, and it catches caption overlaps for free.

In Claude: the storyboard

Claude shows you every section with timestamps, what you say, what gets cut and what goes on screen, plus a page with a still frame per section that you can open. Say "looks good" or point at a section number. Then it renders a quick preview, checks its own frames for mistakes, fixes them and shows you. Change anything in plain words: "Captions bigger." "Zoom when I say insane." "Put back the part about pricing."

TIP

When you like a change, say **"add that to my style."** Your style gets better with every video.

HEADS UP

You are the final check. Both apps read frames and numbers, they don't watch the result. Watch the MP4 once at full speed with sound before posting. On a two-minute clip, expect to hand-fix two to five cuts that landed a hair early or late. Tell it the timestamps and it re-renders.

Step 4: Your Next Videos

In ChatGPT

Same project, same chat. Drop the next clip in and paste the edit prompt with the new file name. The first edit is the slow one. Every edit after that is about ten minutes, mostly render.

In Claude

After the first one, it's just one line. Put a video in the folder and say what you want:

Type this	What it does
/video-editor:edit	Edits a video in your saved style, storyboard first
/video-editor:style	Shows or changes your editing style, or learns it from a video you love
/video-editor:clips	Turns a long video or podcast into short vertical clips
"Add that to my style"	Saves the change you just liked

- **Your own assets:** put your logo, b-roll, screenshots or music in the **assets** folder and say where you want them.
- **Edit it like a video you love:** save it into assets and say "learn my style from this one." It copies the pacing and caption style, never the footage.
- **AI b-roll with Higgsfield:** connect it once in the Claude app (**Customize > Connectors**, add a custom connector named Higgsfield with <https://mcp.higgsfield.ai/mcp>), then ask for b-roll. Claude lists every clip and its credits before it makes anything. Needs a paid Higgsfield plan.
- **Screen recordings:** "Record a 15-second scroll through my website for b-roll." Close anything private first.
- **Computer use:** on Pro or Max, turn it on in **Settings > This computer > System** and Claude can grab clips from your Photos app or use an editing app for you.

TIP

Music works the same in both apps. Drop a track in the folder and say how loud ("-18 dB under the voice, fade out over the last 2 seconds"). Neither app can find licensed music for you. For Reels, add the sound inside Instagram.

No Plugin? Use the Master Prompt

In ChatGPT, the edit prompt already does the whole job, and the Remotion plugin is free. In Claude, if you'd rather not install anything, paste this into the Code tab instead (same folder, Opus 5.5, Max). It does the whole job and asks you the questions in the chat.

PROMPT 4 | COPY & PASTE

You're my video editor. Everything happens on my computer in this folder. Talk to me in plain words, ask questions a few at a time with a suggested answer, and wait for my answers.

1. SETUP: Make folders called raw, assets, work and exports. Check whether ffmpeg and a transcription tool are installed. If not, ask me, then install them: on a Mac use Homebrew's ffmpeg-full (plain ffmpeg can't burn in captions), on Windows winget install --id Gyan.FFmpeg -e, and for transcription python3 -m pip install --user faster-whisper. If anything needs my computer password, give me the command to run in Terminal myself.

2. MY STYLE: Ask me where my videos go and what shape (default 9:16), the vibe, how tight the cuts should be, my caption style (size, colors, words at a time, position), titles, zooms, logo, music and anything I always want. Save my answers as a skill at ~/.claude/skills/my-video-style/SKILL.md with real numbers, and use it for every edit.

3. MY VIDEO: The video is [FILE NAME]. Transcribe it with word timestamps. Spell these exactly: [NAMES AND BRANDS]. Cut every silence but keep a little air so no word is clipped, remove ums, and keep only my last take of any repeated line.

4. STORYBOARD FIRST: Before editing, show me a storyboard: every section with timestamps, what I say, what you'll cut, what goes on screen (captions, titles, zooms, logo, b-roll) and any assets you need from me. Make a page with a still frame per section that I can open. Wait for my OK.

5. EDIT: Add captions a few words at a time with the current word highlighted, kept clear of my face and the app buttons. Animate the key moments with short pop-in titles and punch-in zooms on important words. Render a quick low-resolution preview, pull frames every couple of seconds and check them yourself for mistakes, fix them, then show me.

6. CHANGES AND FINAL: Take my changes in plain words until I'm happy. Then export a full-quality MP4 (1080x1920, 30 fps, loud and clear audio) to exports, keep my original untouched, and never post or upload anything. Whenever I say "add that to my style", update my style skill.

Five More Edits

Each one is a follow-up in the same project and chat, not a fresh setup. They're written for Codex. In Claude, ask for the same thing in plain words, and use /video-editor:clips for short cuts.

The 30-second cut

PROMPT 5 | COPY & PASTE

```
Make a 30-second version with only the best 3 moments, same caption and headline style. Include the sentence before and after each moment so nothing starts mid-thought. Hard cuts between them. Render to outputs/[NAME]_30s.mp4.
```

The 16:9 version

PROMPT 6 | COPY & PASTE

```
Make a 1920x1080 version of the full edit. Pillarbox the vertical video at full height with a blurred, darkened copy of itself filling the sides (no crop, no upscale). Captions at 82% height, max 1200 px wide. Headlines at 14%. Render to outputs/[NAME]_16x9.mp4.
```

Jump-cut zooms

PROMPT 7 | COPY & PASTE

```
Alternate the framing at every cut between 100% and 106% zoom so the jump cuts read as intentional. Keep everything else the same and re-render.
```

Progress bar and lower third

PROMPT 8 | COPY & PASTE

```
Add a thin [#F5A623] progress bar along the bottom edge, and a lower third with [NAME] and [@HANDLE] that slides in at 2 seconds and out at 6. Re-render.
```

Batch ten clips

PROMPT 9 | COPY & PASTE

```
Apply this exact edit style to every .mp4 in source/. Same rules, 5 moments each. One combined approval table, then render all to outputs/ and list the final lengths.
```

How It Works, Briefly

In **ChatGPT**, Codex writes a small program that describes your edit (which seconds to keep, where the captions go, when to zoom). Remotion renders that program into a video with its own copies of ffmpeg and a headless Chrome, and Whisper transcribes on your computer. In **Claude**, the plugin's small tools use ffmpeg and a transcriber on your computer, and your answers are saved as your own style skill. Either way your video file stays on your machine.

Why the edit prompt is worded like that

The one-line version works, but Codex comes back with four questions first: which platform, how long a silence, which transcription, what "animate" means. The prompt answers them. 120 ms of room tone is what "keep it natural" actually means. Without a number you get a machine-gun edit. "Never a one-word page" stops orphan captions. "Centered on the speaker's face" matters because a phone-framed head sits high and a center zoom drifts off it.

The first run in ChatGPT

The prompt takes thirty seconds to type. The first edit on a fresh machine is twenty to forty-five minutes, mostly downloads and one render, so don't think it's broken.

Step	First time	Every time after
Create the Remotion project, install packages	1 to 3 min	skipped
Build Whisper and download the speech model (medium.en is about 1.5 GB)	5 to 15 min	skipped
Transcribe a 2 to 3 minute clip (Apple Silicon)	30 to 90 s	30 to 90 s
Find silences, write the cut list, write the edit	5 to 15 min	3 to 5 min
Download Chrome headless shell	1 to 2 min	skipped
Render 2 to 3 minutes of 1080x1920 at 30fps	3 to 6 min on Apple Silicon, 8 to 15 on Intel	same

TIP

Pick the Whisper model once. medium.en is the sweet spot for a single English speaker (about 95 to 98% word accuracy). small.en is a third the download and fine for clean audio. Names, brands and acronyms are where any model slips, and that's what the approval table is for.

Common Mistakes and Quick Fixes

If this happens	Try this
You're using ChatGPT in the browser	Codex on the web runs in the cloud without your files. Use the desktop app.
You declined Codex's setup prompts	The Whisper build, model download and Chrome shell are all one-time. Say yes to those.
You don't see Plugins in Claude's Customize	Update the Claude desktop app and check you're on a paid plan.
/video-editor:start does nothing	Start a new session in the Code tab (Local, with a folder selected) so the plugin loads. Still missing? Click the + next to the message box, open Plugins and turn Video Editor on.
It asks for your password	Paste the command it gives you into the Terminal app and type your password there, never in the chat.
"ffmpeg can't draw captions" on a Mac	Say "install Homebrew's ffmpeg-full." The regular version can't burn in captions.
The cuts sound robotic	Give it numbers: cut silences over 0.6 s and keep 120 ms of room tone, or say "leave a bit more air after each sentence."
Names or numbers wrong in captions	Fix them in the approval table or storyboard: "it's [NAME], spelled [N-A-M-E], fix every caption."
Captions cover your face or the TikTok buttons	"Move the captions a little higher and make them smaller."
The edit feels too busy	"Fewer zooms and titles. One effect every few seconds, max."
You wanted 16:9 from a vertical clip	There's no hidden footage. Pillarbox with a blurred background or center crop, and say which.
Renders crawl on a laptop	More than about 6 renders at once gets slower, not faster. Let it pick.
You hit your usage limit	Wait for the reset, use a lower effort for small changes, and ask for previews instead of finals.

When to start over

If an edit has gone sideways after lots of changes, say "write down everything I've asked for," start a fresh session in the same folder and paste it in (in Claude, with /video-editor:edit). A fresh start with a clear brief beats ten more fixes.

HEADS UP

Licensing. Remotion is free for individuals and small teams (companies up to three people). Bigger companies need Remotion's company license, so check remotion.dev/license before this ends up in an agency workflow. Fonts from Google Fonts are fine for commercial use.

Quick Reference: Editing With ChatGPT or Claude

What you want	In ChatGPT	In Claude
Install	Codex > Plugins > search Remotion > Install plugin	Customize > Plugins > Add > Add marketplace > Add from a repository, paste the address, add Video Editor
Open	Codex, new project on an empty folder, drag the video in, type \$remotion	Code tab > Local > Select folder > Video Edits, Opus 5.5 on Max
First edit	Paste the edit prompt	/video-editor:start
Before it renders	Fix the transcript and headlines, say render	Approve the storyboard
Every video after	Same chat, new file name	/video-editor:edit
Short clips	The 30-second cut prompt	/video-editor:clips
No plugin	Install Remotion. It's free and takes a minute	Paste the master prompt

DO THIS TODAY

Pick your app, install the free plugin, and drop in the last clip you filmed. Paste the edit prompt in Codex or type /video-editor:start in Claude, approve the cuts, and go make coffee during the first run. Every edit after that is one prompt.

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Film it. Drop it in. Approve the cuts. Post.