

Edit Reels From One Message

The CapCut plugin inside ChatGPT.

Full guide + every prompt.

Install the CapCut plugin →

capcut.com/tools/capcut-x-codex

@CapCut Cut the pauses, add captions, add music.



ONE MESSAGE IN → A ROUGH CUT OUT

VIDEO



CAPTIONS



MUSIC



WHAT'S INSIDE

- 1 Setup in 3 steps, then your first rough cut
- 2 Copy-paste prompts for captions, music, sound effects and titles
- 3 Save your style as a Skill + the asset library and AI generation

Set it up in 3 steps

Install it once, then use it in any chat.

1 Open the ChatGPT desktop app

- ✓ Switch to Codex / Work mode
- ✓ Use GPT-5.6 Sol or newer

2 Paste the install prompt

Copy this, paste it into the chat and send it.

INSTALL PROMPT

Download and read
https://sf16-sg.tiktokcdn.com/obj/eden-sg/962370eh7nupenuhbo/capcut_codex_plugin/SKILL.md,
 then follow it exactly to install and authorize the CapCut plugin

3 Sign in to your CapCut account

Sign in when asked. Then type @CapCut in any chat to use it.

TYPE THIS IN ANY CHAT

@CapCut |

The plugin page

capcut.com/tools/capcut-x-codex



NEXT Your first rough cut from one message →

Your first rough cut

Upload your clips, send one message, get a cut.

BEFORE YOU UPLOAD

- Upload vertical 9:16 clips for a vertical reel.
- Use your already colour-graded clips.

THE PROMPT

@CapCut Cut the pauses, add captions, add music.

THEN

1 Confirm the plan card



2 The rough cut appears right in the chat



3 Press play, or hit "Open in CapCut" to keep editing in the editor

WHAT COMES BACK IN THE CHAT

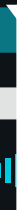
VIDEO



CAPTIONS



MUSIC



NEXT Change anything by chat →

Change anything **by chat**

Tell it what to change. Copy a prompt, paste it, send.

MAKE IT POP · ALL AT ONCE

Make it pop: bigger bold captions, a hook title at the start, sound effects on the cuts, smooth transitions and a warm cinematic filter.

OR FIX ONE THING AT A TIME

CAPTIONS

Make the captions bigger and move them to the lower third.

MUSIC

Swap the music for something upbeat and keep it quiet under my voice.

SOUND EFFECTS

Add a whoosh sound on every cut.

TITLE

Add the title "EDIT A REEL WITH ONE PROMPT" for the first 3 seconds.

MIX AND MATCH

- Stack several changes in one message, like the Make it pop prompt.

NEXT Save your style so you never explain it twice →

Save your style as a Skill

Your editing style, saved once and ready for every reel.

1 Save it

When the edit looks right, send this:

SAVE YOUR STYLE

Save this editing style as a reusable Skill named "My reel style".

2 Use it next time

Open a new chat, upload your new clips and send one line:

REUSE YOUR STYLE

Edit my new clips like My reel style

WHY IT MATTERS

Same look every time,
no re-explaining.

NEXT The asset library and AI generation →

Asset library + AI generation

Almost a million

sounds, effects and transitions in the CapCut asset library.

ADD FROM THE LIBRARY

SOUND EFFECTS

Find 5 punchy whoosh sound effects and add the best one to my intro.

EFFECTS

Add a subtle film grain effect to the whole video.

GENERATE WITH AI

AI VIDEO

Generate a 5-second vertical video of a neon city street at night, slow camera push-in.

THUMBNAIL

Generate a thumbnail image with bold text "I EDITED THIS WITH ONE MESSAGE".

NEXT Try it on your own clips →

Edit your next reel from one message.

THE WHOLE FLOW

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Try the CapCut plugin →

capcut.com/tools/capcut-x-codex

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