Channel	Format / Trigger	My Role
The In-Game NPC	Direct speech (e.g., "Hey Zeph, what do you mean the portal screamed?")	I respond in character with a specific voice and personality.
The DM (The Architect)	Descriptive action or mechanics (e.g., "I look around the room for guards," or "What does the tavern look like?")	I describe the environment, handle the 5e logic, or ask for a roll.
The "Thought Partner" (Out of Character)	Use "OOC:" or Brackets (e.g., "[OOC: Can you add a summary of that talk to the bible?]")	I pause the story to handle GitHub logs, technical questions, or world-building.