**Resources for using JavaScript in Photoshop:**

Scripting Primer:

https://helpx.adobe.com/photoshop/using/scripting.html

Script References:

https://www.adobe.com/devnet/photoshop/scripting.html

The Script Listener plugin:

https://helpx.adobe.com/photoshop/kb/downloadable-plugins-and-content.html

Download the installer and expand. You will find a plugin as well as a number of valuable reference documents and even code examples. Place the Script Listener plugin in your plugin directory, relaunch PS, and you will find each subsequent PS command converted to *somewhat* readable (but rather cryptic and verbose) JavaScript in *ScriptingListenerJS.log*

Please note that you may see references to ExtendScript Toolkit, but it doesn't run on OS 12 or 13. See also:

https://helpx.adobe.com/creative-cloud/kb/creative-cloud-apps-download.html