These are the three questions people use to poke a hole in the method. The answer is only what is true. A step that is not on the sheets is not added.

The words were typed on a laptop.

Yes. On Tails, with networking off, one seed, then a full shutdown. Tails runs from memory and forgets the session. That does not stop a hardware keylogger. One captured seed still cannot spend. The fund needs two keys. Two seeds are never typed on the same boot.

Why not start with a SeedSigner?

SeedSigner is a signer that can be added later. It is not how these keys are made. The randomness is dice. The computer is ordinary, and it is offline. The inheritance sheet is not a SeedSigner guide. It is the letter for heirs: one plate in a Jade, one plate in a BitBox.

If the map passphrase is lost, are the coins gone?

No. That passphrase hides the map. It does not spend. Two plates can rebuild the map if the path is known: 2-of-3, native SegWit, m/48'/0'/0'/2'. Keep that path outside the encrypted file. A homemade cipher is not used.