

3 things to keep in mind before giving up ChatGPT

If you're thinking about stopping using ChatGPT, don't just delete your account. There are a few important things you should do first to protect your data and avoid losing information you might need later.

The wave of abandonment of the ChatGPT app following the controversial deal between OpenAI and the Pentagon may have subsided (the app has returned to the top of the App Store rankings), but some users are still leaving.

At least one senior OpenAI executive resigned because of the deal, and CEO Sam Altman later admitted the agreement was made "hastily" and that some parts had been modified.

Users who abandoned ChatGPT seem eager to "reward" Anthropic for refusing to yield to the Department of Defense's demand for unrestricted AI use by switching to Claude en masse. However, Claude's more limited access to its most powerful models, compared to ChatGPT's unlimited usage, may be a shock to many – though it's actually a good thing.

If you're thinking about stopping using ChatGPT, don't just delete your account. There are a few important things you should do first to protect your data and avoid losing information you might need later.

Specifically, you should export ChatGPT data, copy saved memories, and delete chat history before closing your account – details on how to do all three are below.

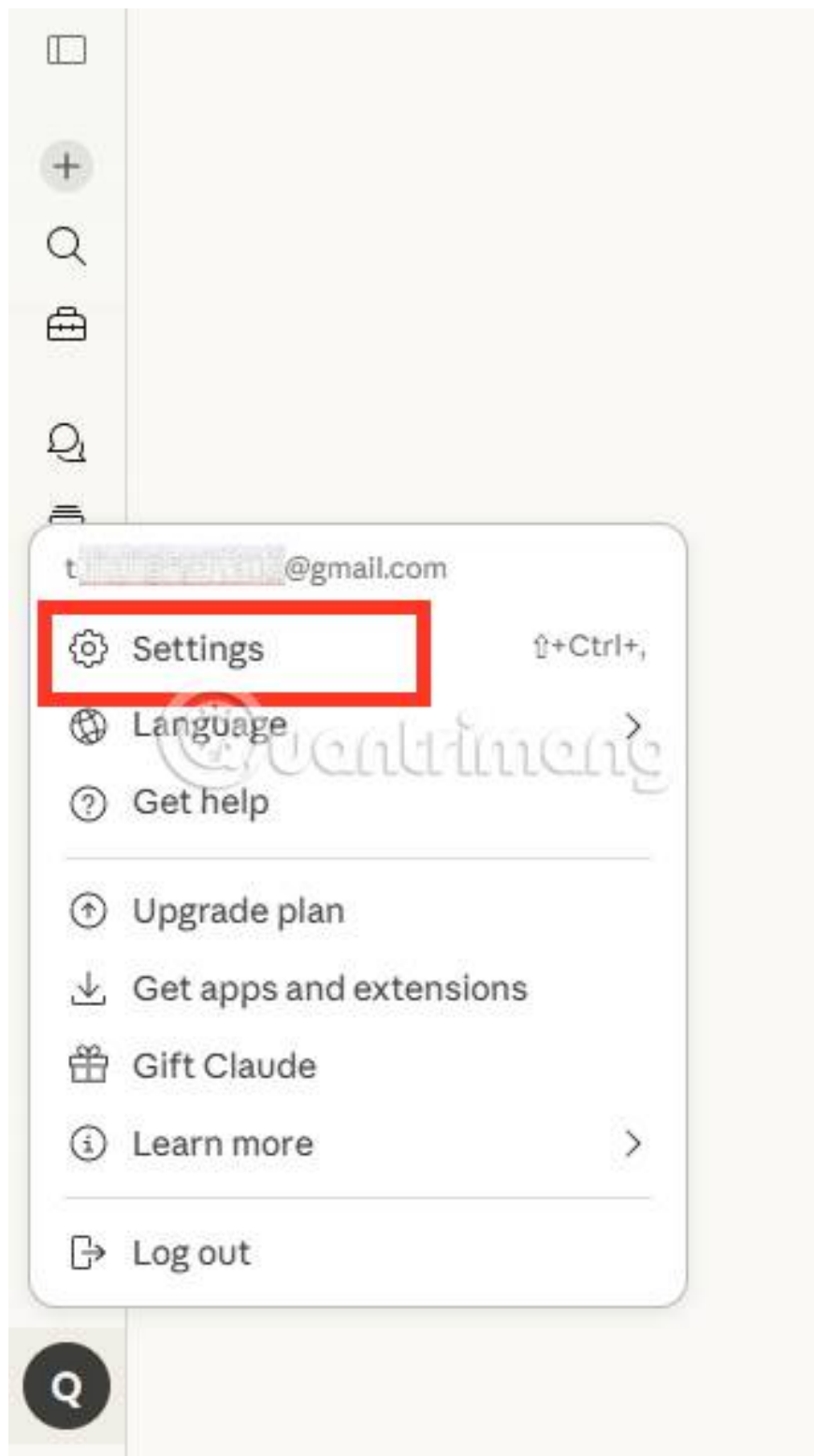
The mobile phone displays Claude's login screen.

1. Enter your memories into Claude.

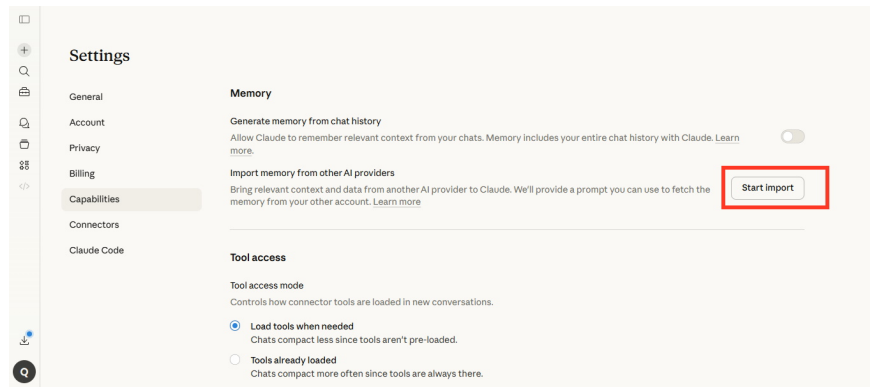
If you choose Claude as an alternative to ChatGPT T, you'll be pleased to know that it has a menu option to import your memories (things ChatGPT remembers about you from conversations) into the new chatbot.

You might expect that simply pressing a button would get everything done automatically, but the reality is a bit more complicated.

When you open Claude for the first time, the app will ask if you want to use the memory feature. Select **Use memory**. Then, in the web interface, click on your name in the bottom left corner of the screen. Select **Settings** > **Capabilities** from the menus that appear.



In the **Memory** section , you'll find the option "**Import memory from other AI providers .**" Click "**Start Import .**" You'll see a piece of text that you're asked to copy and paste into ChatGPT . This will cause ChatGPT to display all your stored memory. Paste the result into the provided box.



2. Get your data

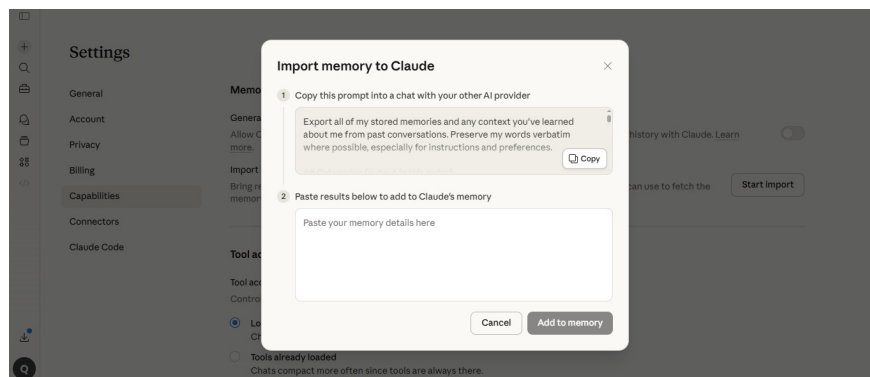
Although not mandatory, you might want to get a copy of all your ChatGPT data before closing your account. The good news is you can download everything, but the bad news is you can't get it instantly; you have to submit a request.

OpenAI may take some time to process that request, but they will send you a download link via email after a few days. The link will expire 24 hours after you receive it.

To request a link, click your profile icon in the bottom left corner of the ChatGPT web interface, then select **Settings > Data Control** . Click the **Export** button next to the **Export data** option , then follow the on-screen instructions.



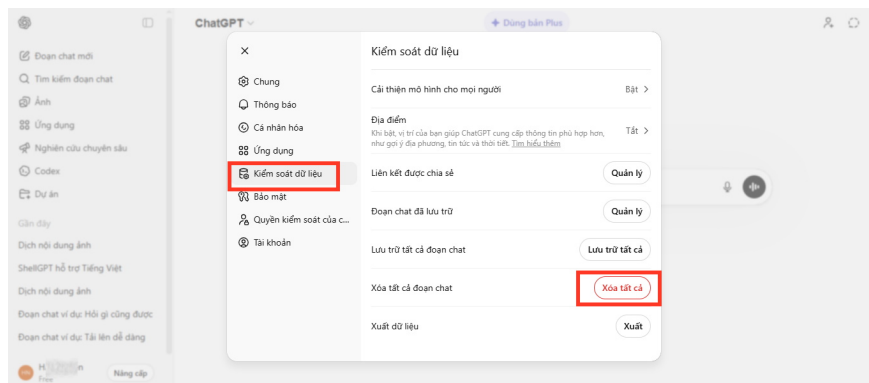
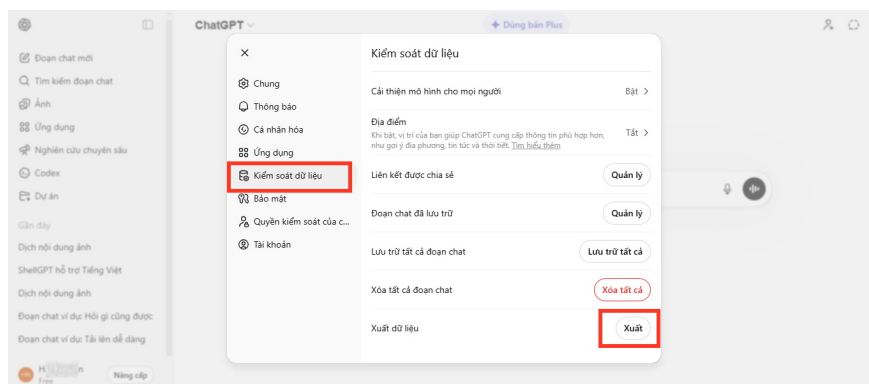
ChatGPT ▾



3. Delete all conversations

You can delete all your chat data before exiting ChatGPT if you want to make sure nothing is left behind after you leave.

To do this, go back to the **Data Control** settings and click **Delete All**, located next to the **Delete All Chats** option.



Note that while deleted conversations will be immediately removed from your chat history, OpenAI may take up to 30 days to actually delete conversations after you select this option. However, that doesn't mean you can recover the conversation after you've selected it – there's no going back.

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