

# Instructions for converting ChatGPT-5 to ChatGPT-4o

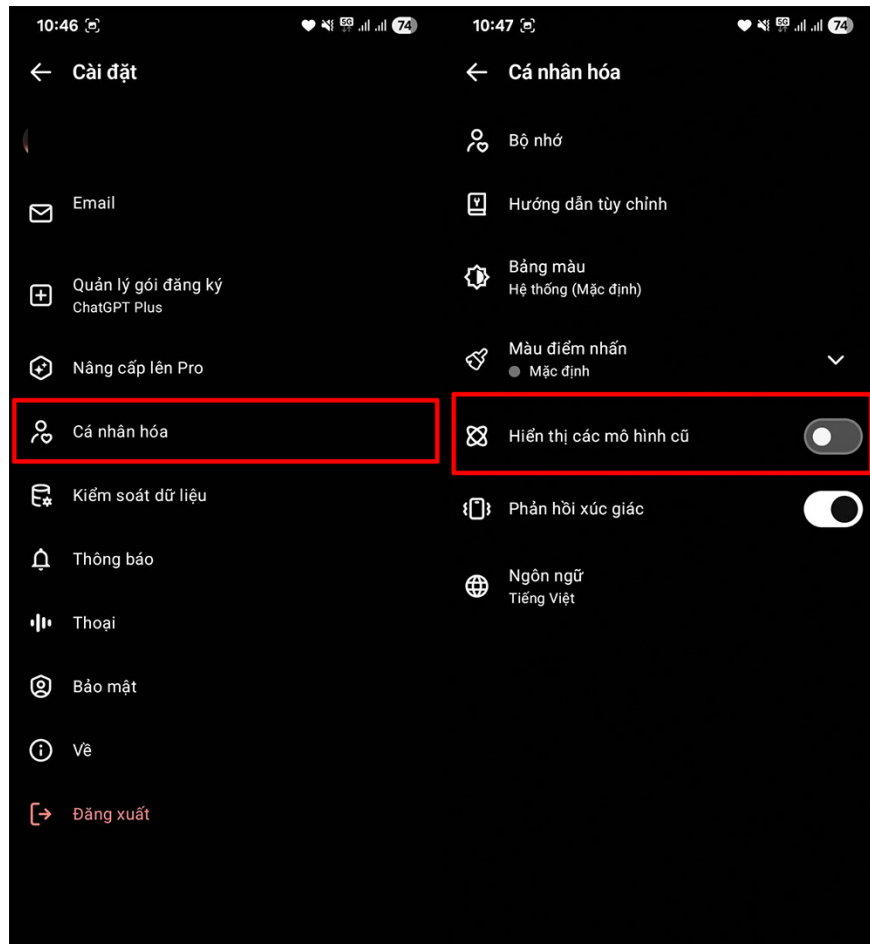
The ChatGPT-5 model has been updated for all accounts, but it is not suitable for everyone. Here is a guide to convert ChatGPT-5 to ChatGPT-4o.

Currently, the ChatGPT-5 model has been updated for all accounts on both computer and phone versions. However, this model is not suitable for everyone, and you want to switch back to the previous ChatGPT model. Below are instructions for switching ChatGPT-5 to ChatGPT-4o on phone and computer.

## How to convert ChatGPT-5 to ChatGPT-4o on phone

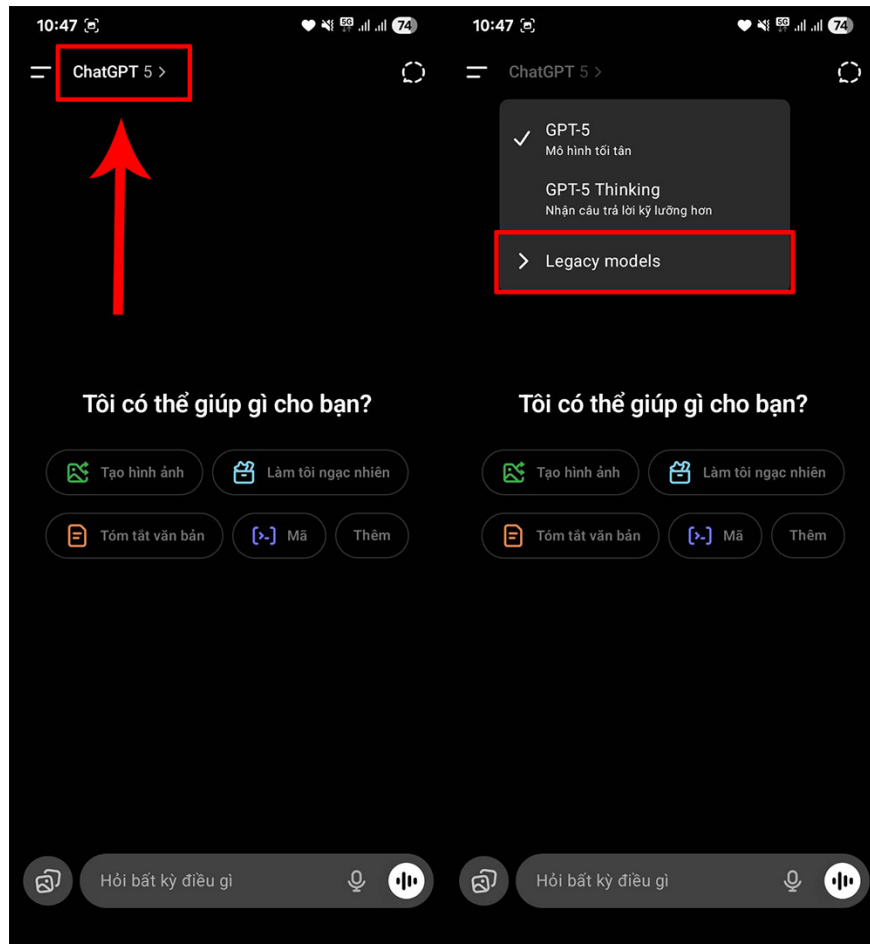
### Step 1:

At the ChatGPT interface, click on **the dash icon** and then click on the account name. Next, **select Personalize** and then in the new interface, **turn on Show old models** to display and access and use previous versions of ChatGPT.



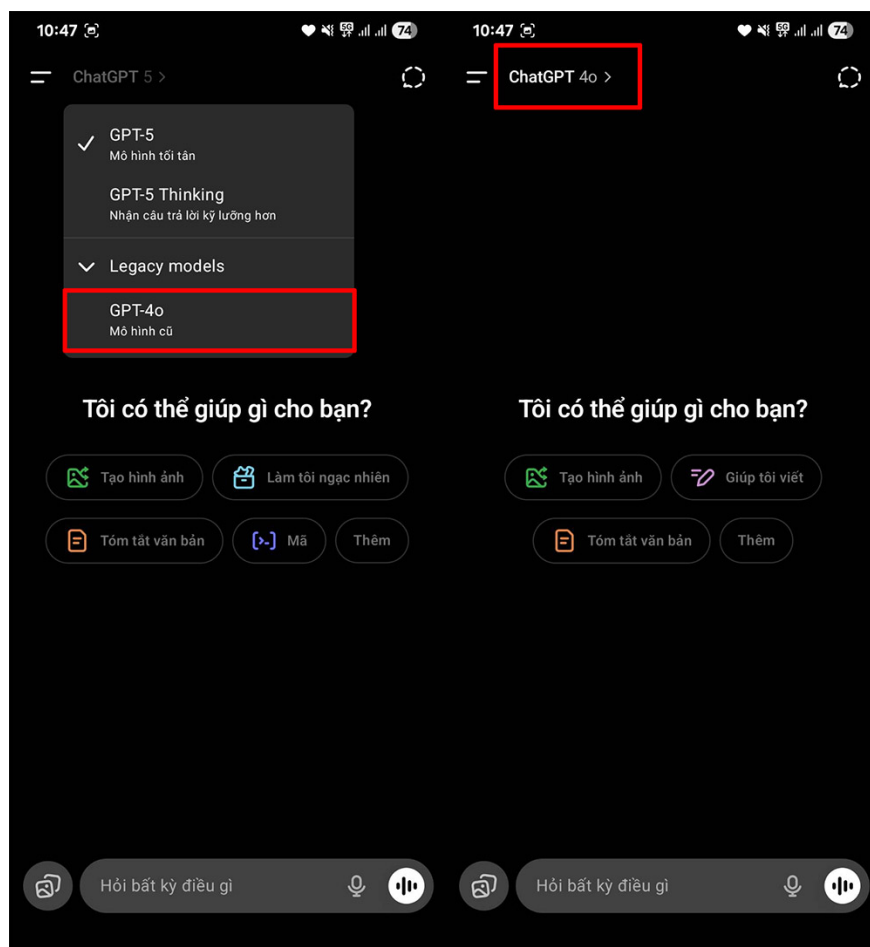
## Step 2:

Return to the main view on ChatGPT, **click on the current model** and **select Legacy Models** to see a list of old versions.



### Step 3:

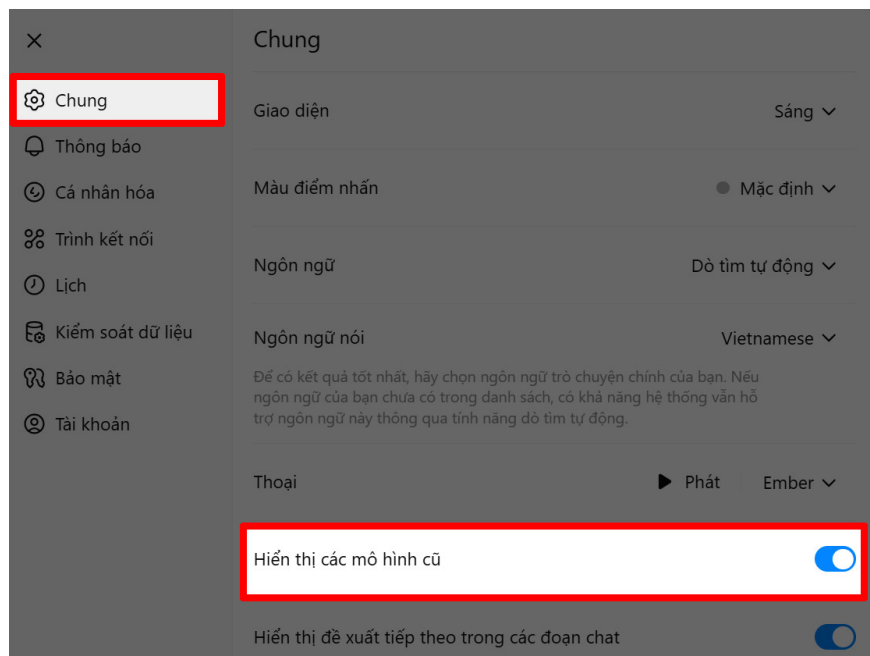
Then you will see the old models in ChatGPT, **click on ChatGPT-4o** to use for this application.



## How to convert ChatGPT-5 to ChatGPT-4o on computer

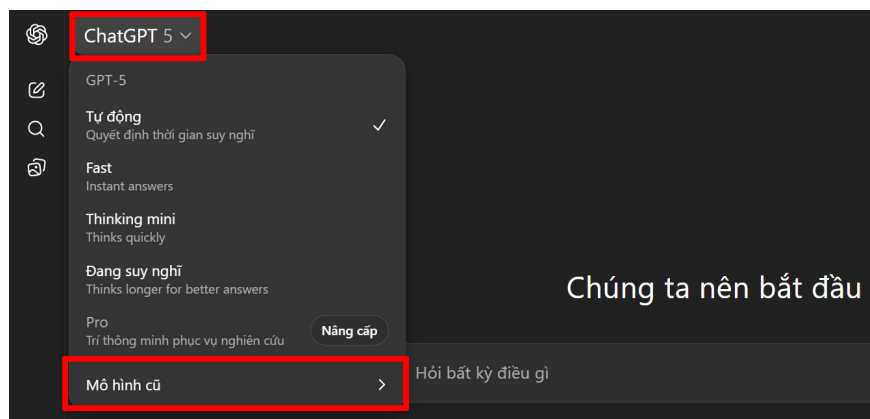
### Step 1:

You click on the avatar and select Settings in the displayed list. Switch to the new interface, the user clicks on **General** and then looks to the side **to turn on the Show old models mode** .



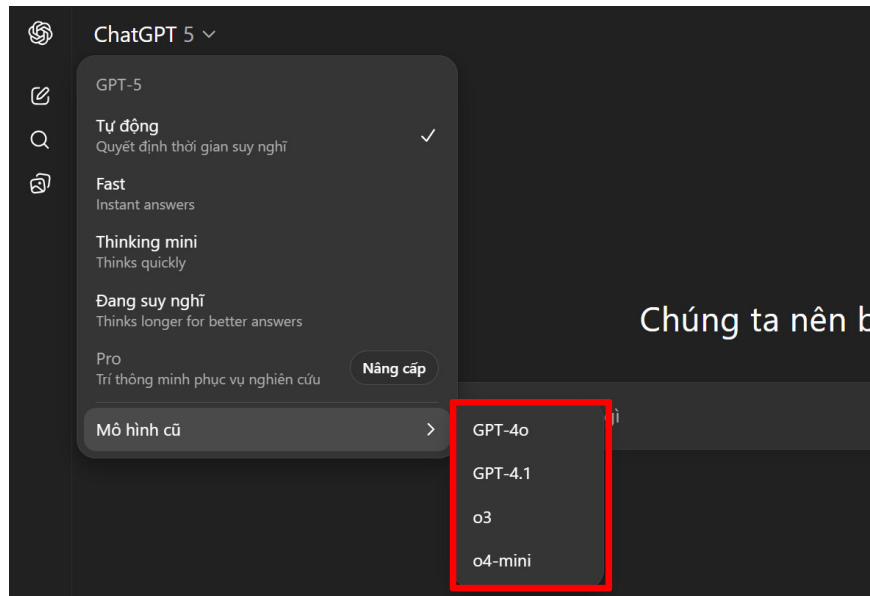
### Step 2:

Returning to the ChatGPT interface, the user **clicks on the** current ChatGPT-5 model and then clicks on **Old Model** .



### Step 3:

At this point, the user **selects the ChatGPT-4o model** to transfer from the ChatGPT-5 model and that's it.



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