

# How to retain ChatGPT memory when switching to Claude

This article will guide you through the steps to transfer ChatGPT's memory to Claude, so you can almost continue from where you left off.

If you've been using ChatGPT for months, it already knows you. It knows your tone, your workflow, and how you like things done. It knows whether you hate lengthy answers or prefer clearly structured steps. Switching to Claude doesn't mean you have to relearn all of that. This article will guide you through the steps to migrate ChatGPT's memory to Claude, so you can almost continue where you left off.

## Why should we move ChatGPT memory?

After months of using ChatGPT, it has learned a lot about you: your style, your job, the length you want your replies to be, and what annoys you. If you remove those things, you're back to square one, having to revise the same things over and over again.

'Don't use bullet points.' 'I work in marketing.' 'Keep it brief.' Repeating these things after every few work sessions will quickly become tedious. Shifting your memory will skip the entire retraining process.

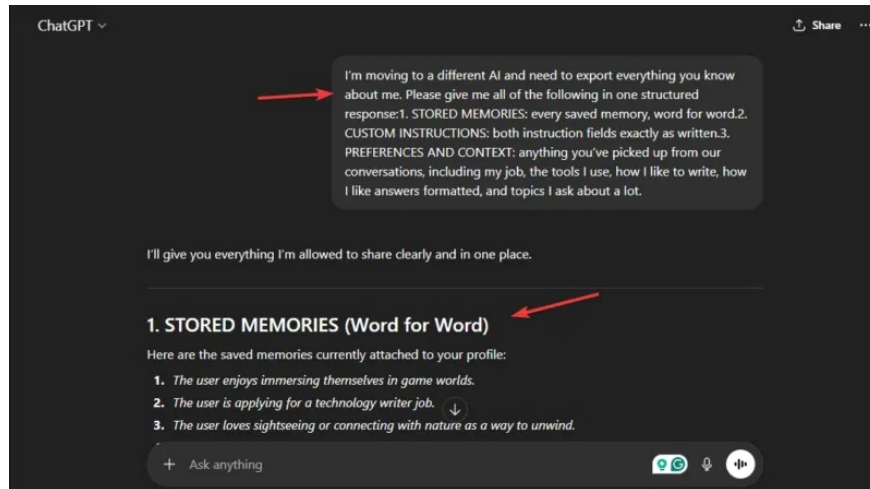
Furthermore, many people switched due to trust issues. When the government pressured Anthropic to loosen Claude's restrictions on tracking people and autonomous drones, Anthropic refused and was removed, but OpenAI did. This led to a backlash, and that's why most people are boycotting ChatGPT.

For anyone considering where their data will go, it's worth checking what conversations with your AI might actually reveal before deciding to use a platform.

## Extract everything ChatGPT knows about you.

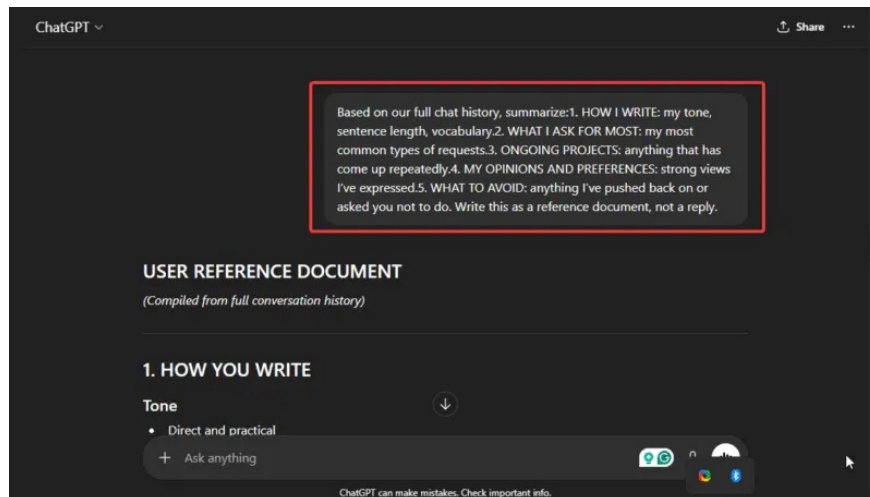
In ChatGPT, open a new chat and paste this prompt:

Tôi đang chuyển sang một AI khác và cần xuất mọi thông tin bí mật về tôi. Vui lòng cung cấp cho tôi tất cả những gì bạn biết về tôi sau đây trong một phần hai có cấu trúc: 1. Mọi ký tự đã lưu, từng từ một. 2. Các hướng dẫn tùy chỉnh của tôi chính xác như đã viết. 3. Sở thích và ngữ cảnh của bạn về tôi? Bạn đã thu thập được các cuộc trò chuyện của chúng ta, bao gồm công việc của tôi, các công việc tôi đang làm, cách tôi thích viết, cách tôi thích dùng câu từ và các chi tiết tôi thường hỏi.



Then, in the same conversation, add a second prompt:

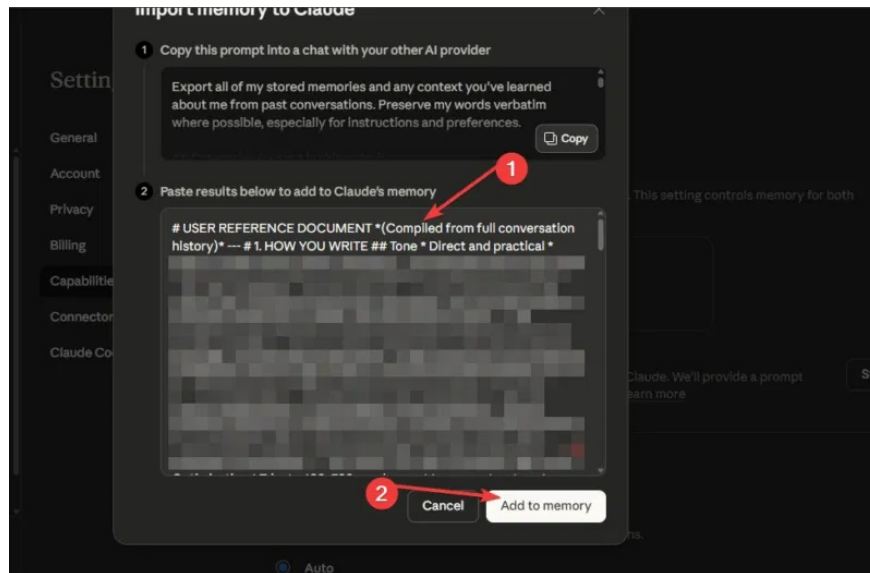
Dựa trên toàn bộ lịch sử trò chuyện của chúng ta, hãy tóm tắt: 1. Phong cách viết của tôi: Giọng điệu, độ dài câu, từ vựng. 2. Các loại yêu cầu phổ biến nhất của tôi. 3. Các đề án đang thực hiện hoặc bắt đầu? Tôi đang làm gì? 4. Những quan điểm hoặc sở thích mà tôi bày tỏ. 5. Những điều tôi đã phản đối hoặc yêu cầu không làm. Viết ra những tài liệu tham khảo, không phải là một câu trả lời.



You will receive lengthy feedback. Copy it into a document or Notepad and remove unnecessary information before typing. Eliminate single requests or outdated details. Retain what reflects how you actually work now, such as tone, formatting, and recurring tasks.

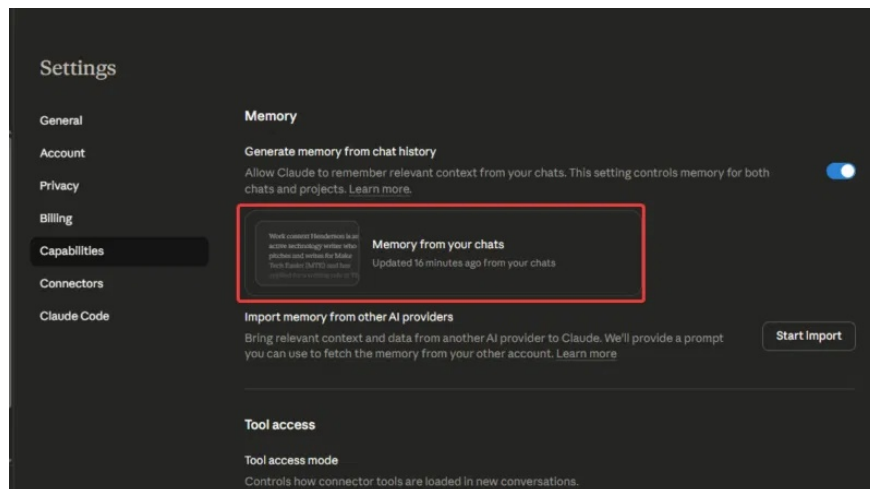
## Enter Claude and verify.

Go to Claude's memory import page and click **Get Started**. Paste your profile and click **Add to Memory**. It may take up to 24 hours to fully display, so be patient before assuming something is wrong.



To test, open a new chat and ask Claude: *What do you know about me?* If your important information is returned, then everything is fine.

Alternatively, you can go to **Settings ? Capabilities ? Memory ? Memory from your chats** to check for imported updates from your conversations.



If you already have custom GPTs in ChatGPT, they won't be transferred. Rebuild them as Claude Projects by copying the instructions for each GPT into the new project setup.

**Note :** Storage requires Claude Pro. With the free plan, Claude will forget the information after each conversation. You can still paste your profile at the beginning of the chat session, but it will not be stored permanently.

## What you can (and cannot) transfer

Transferring your ChatGPT memory to Claude is not the same as copying a folder. Some things transfer easily, others do not.

What was transferred:

1. Instructions and customization options
2. Tone and writing style
3. Formatting rules, such as no bullet points, short answers, and simple language.
4. The workflow steps and templates you frequently use.
5. The prompts you've refined over time.

What cannot be transferred:

1. Your chat history. Claude will not have access to previous conversations.
2. Custom GPTs and their configurations
3. Features exclusive to ChatGPT

Claude won't know that the conversations shaped your options. It will have those options itself, and that's enough to produce useful results immediately.

## Is it worth switching?

It depends on how you work. If you're writing long documents, editing drafts, or handling multi-step tasks, Claude's ability to handle lengthy context might be smoother. It tends to maintain focus during extended work sessions.

But no assistant feels smart without adjustments. Personalization is what makes it effective. If you skip the data migration step, you'll spend the next few weeks tweaking the tone and structure. If you migrate data from ChatGPT to Claude once, you'll keep that foundation.

If you're still undecided, check out our comparison of ChatGPT Plus and Claude Pro in real-world use cases so you can see which one is right for your needs before making a decision.

Finally, if you've decided to migrate, perform the data migration. It transforms a difficult start into a smooth process, where Artificial Intelligence (AI) seems to understand you from day one. That's the real benefit.

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