

Instructions for freeing up ChatGPT storage

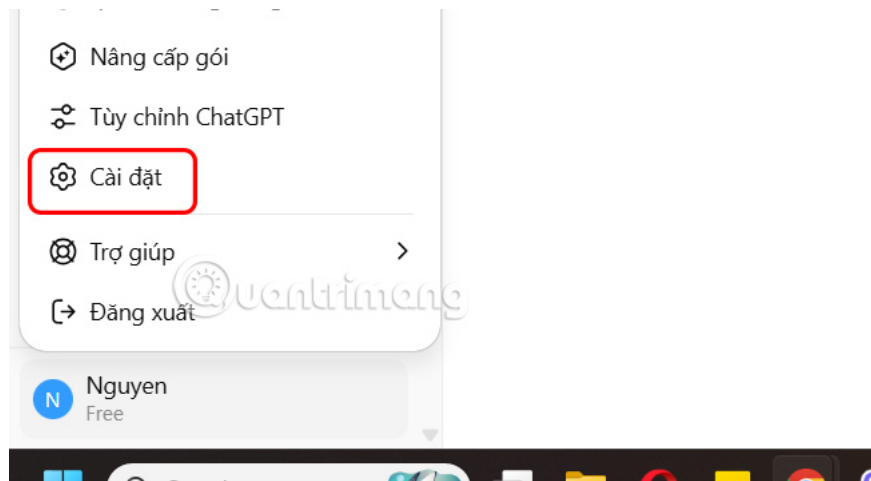
Clearing your memory allows you to store new preferences and keeps ChatGPT from storing new personal information. Here are instructions for freeing up ChatGPT storage.

If you see a full storage message on ChatGPT, it means that the chatbot has reached its personalization data storage limit. This feature stores details you have chosen to share, such as your name, writing style, etc., so that the chatbot can tailor its responses. Clearing the storage allows you to store new preferences and keeps ChatGPT from storing new personal information. Here are instructions for clearing ChatGPT storage.

How to clear ChatGPT storage on computer

Step 1:

At the ChatGPT interface on your computer, click on **your avatar and select Settings** .

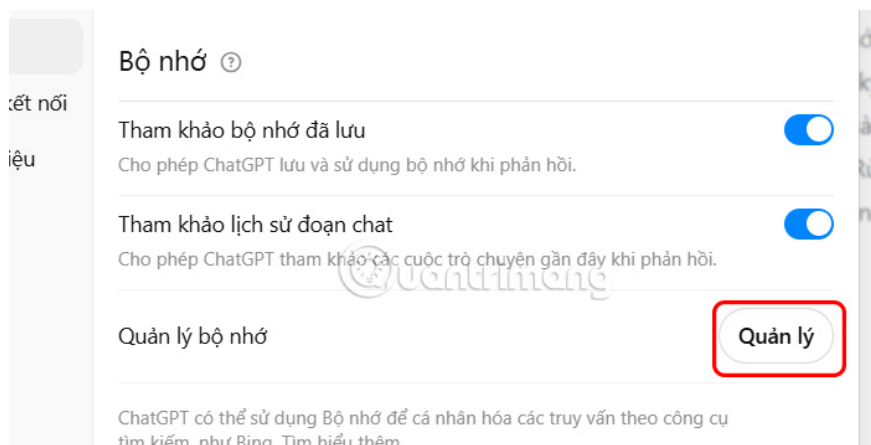


Step 2:

Switch to the settings interface, we click on **Personalization** .

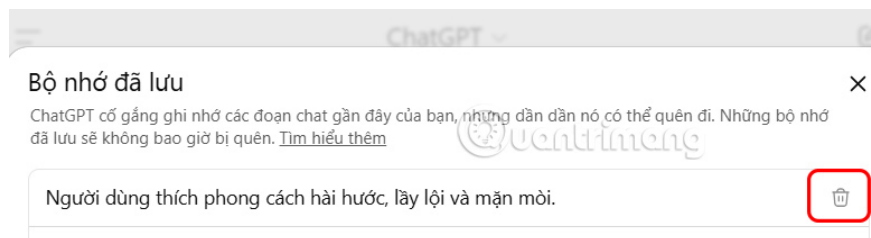


Continue to click on **Memory Management** to access on ChatGPT computer.

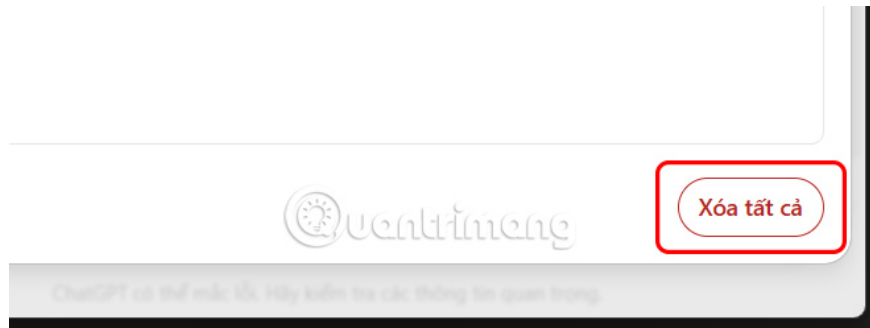


Step 3:

A new interface will appear and you will see the content that ChatGPT stores information about you. Here we can **click the trash icon** to delete each memory you want to delete.



Or you can also click **Delete All** to do it.



How to clear ChatGPT storage on phone

Step 1:

You click on **the menu icon** on ChatGPT phone then **click on your account name** . Go to the settings interface for the chatbot application, you click on **Personalize** to do it.

Không có SIM

17:14


96%

🔍 Tìm kiếm

 ChatGPT

 Video AI

 Text to Video Maker, Video AI...

 Khám phá GPT


Hôm nay

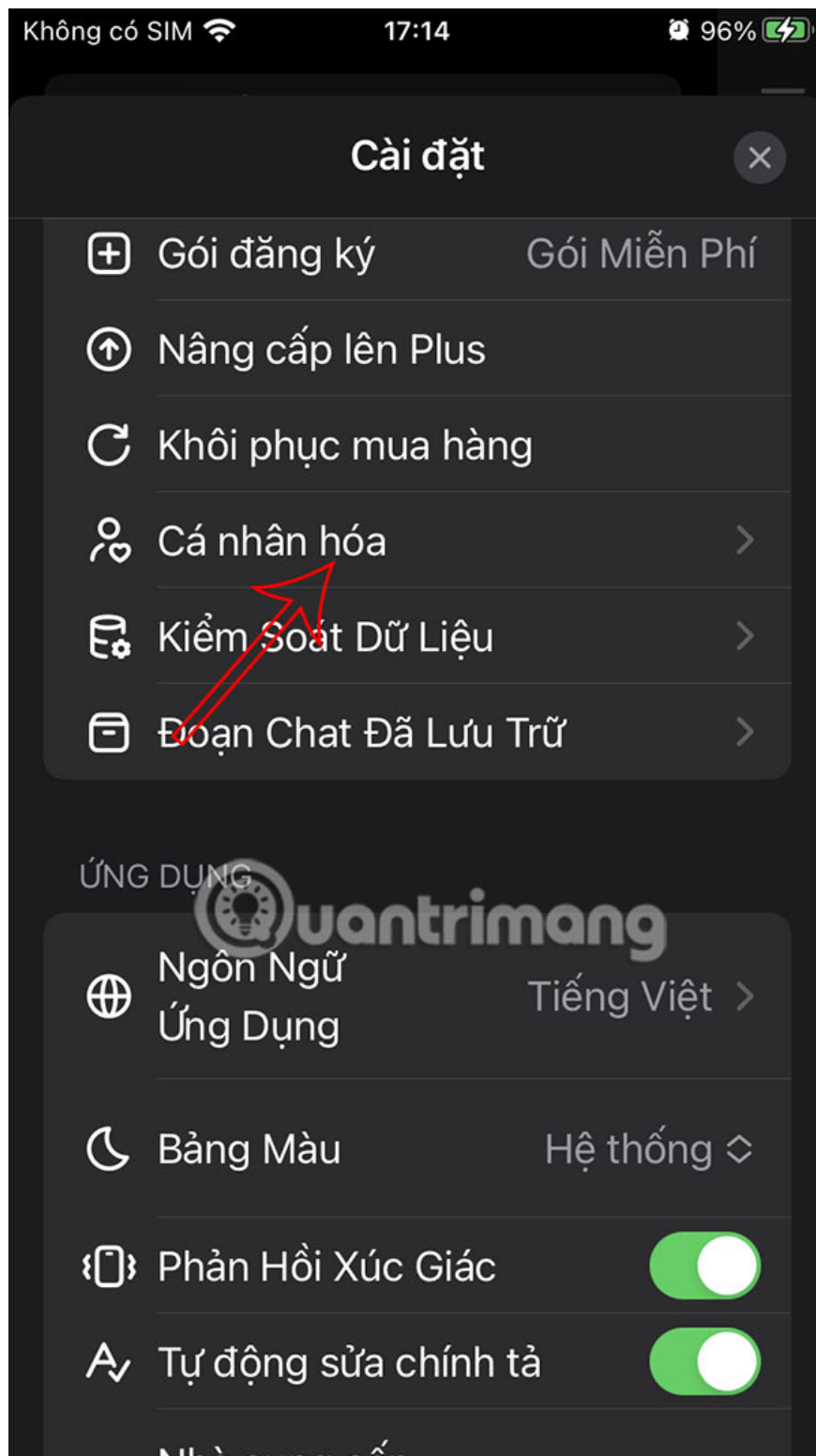
Mô tả mùa thu Hà Nội

Kể kỷ niệm ngày hè

Thời gian mặt trời mọc lặn

Tuần trước

 N **Nguyen**



Step 2:

In the interface as shown, you continue to click on **Memory Management**, then you will also see the information that ChatGPT stores about you. Then you will also see information about yourself as shown.



Cá nhân hóa



Tùy chỉnh ChatGPT

Bật >

CÁ NHÂN HÓA

Bộ nhớ



ChatGPT sẽ trở nên hữu ích hơn khi bạn trò chuyện, thu thập thông tin chi tiết và ưu tiên để điều chỉnh phản hồi cho phù hợp với bạn.

Tìm hiểu thêm

Để hiểu những gì ChatGPT ghi nhớ hoặc dạy ứng dụng điều gì đó mới, chỉ cần trò chuyện với ứng dụng như sau:

- "Hãy nhớ rằng tôi thích những câu trả lời ngắn gọn".
- "Tôi vừa có một chú chó con!"
- "Bạn nhớ gì về tôi?"
- "Chúng ta đã dừng lại ở đâu trong dự án gần nhất của tôi?"

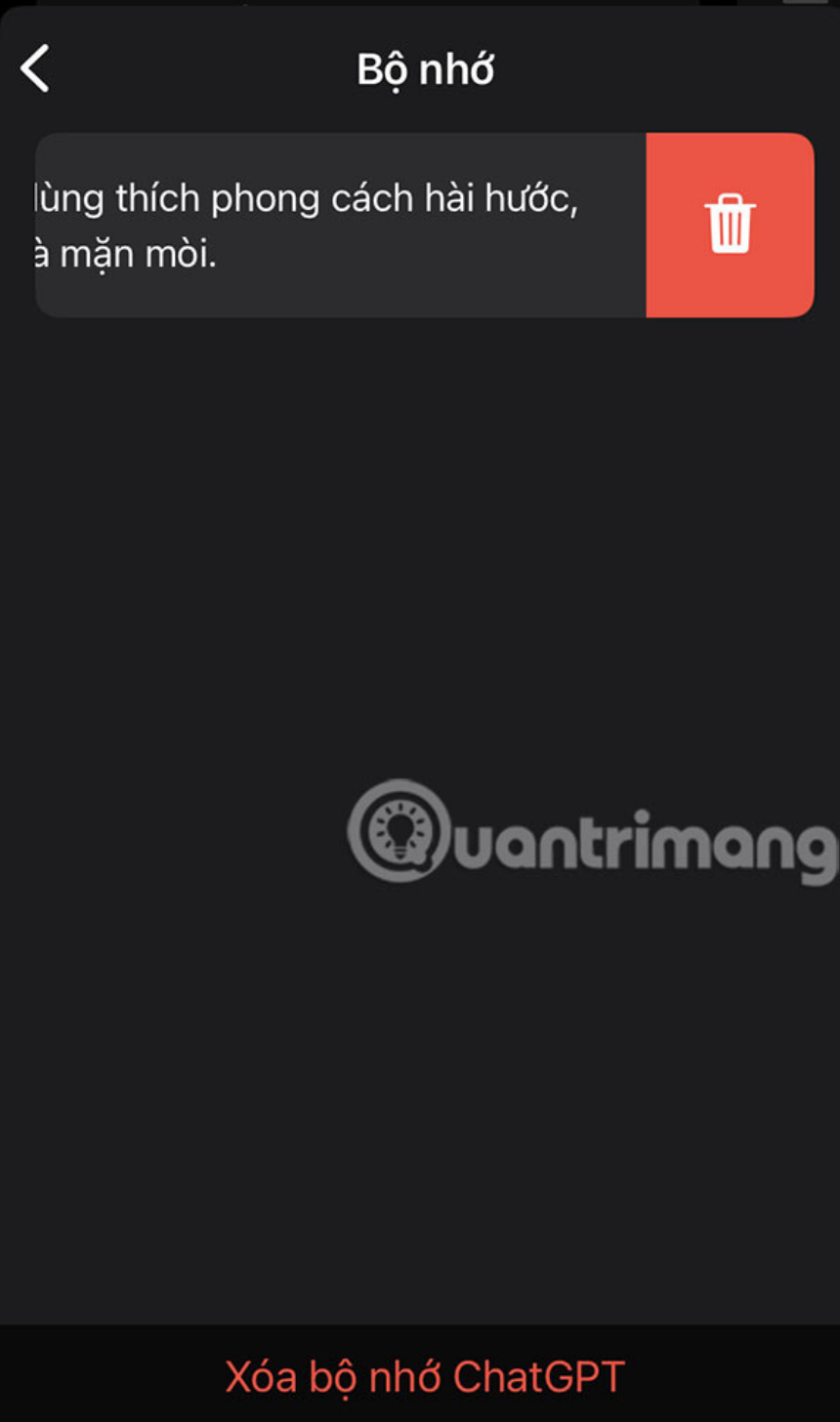
Quản Lý Bộ Nhớ





Step 3:

You can **swipe the information from right to left** and then **press the trash can to delete each content** , or **press Delete ChatGPT memory** to delete everything.



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