

How to Opt Out of AI Training in ChatGPT

Protect Your Privacy in 3 Easy Steps

Why do this?

By default, OpenAI may use your conversations to improve their AI models. If you have privacy concerns, you can disable this feature while still using the AI Assistant.

Step-by-Step Instructions

1. Log into ChatGPT

Go to chat.openai.com and sign in with your account

2. Open Settings

- Click your **profile icon** in the bottom left corner
- Select **Settings**

3. Disable Training

- Go to **Data Controls**
 - Toggle OFF: "**Improve the model for everyone**"
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What This Means

When **DISABLED** (recommended for privacy):

- Your conversations will NOT be used to train AI models
- You'll still have full access to the AI Assistant
- Your privacy is better protected

When **ENABLED** (default):

- Your conversations may be reviewed by OpenAI
 - Data may be used to improve future AI models
 - More privacy risk
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Other Privacy Settings to Review

While you're in Settings → Data Controls:

Chat History & Training:

- Consider turning OFF if you want conversations auto-deleted after 30 days

Memory (if available):

- Disable if you don't want ChatGPT to remember details about you
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Need Help?

For technical support with your ChatGPT account:

- Visit: help.openai.com
- Email: support@openai.com

For questions about the AI Assistant:

- Email: nicole@hello.audhdburnoutrecovery.com
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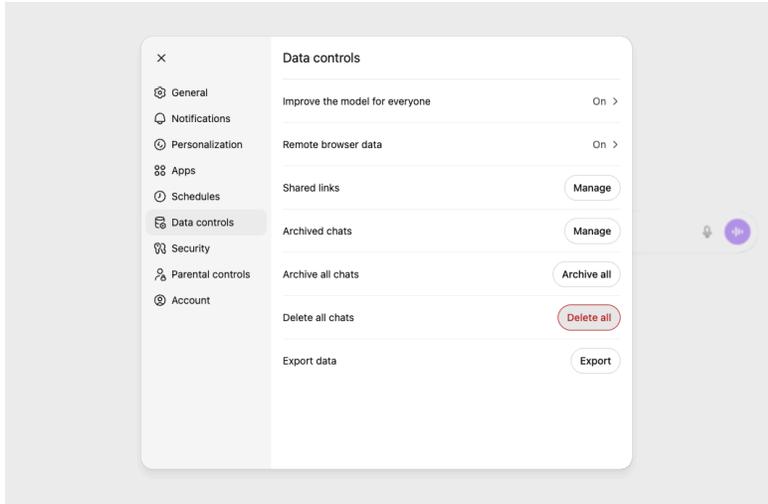
Continue to visual guide on the following page...

Visual Guide

STEP 1: Go to chat.openai.com and sign in with your account

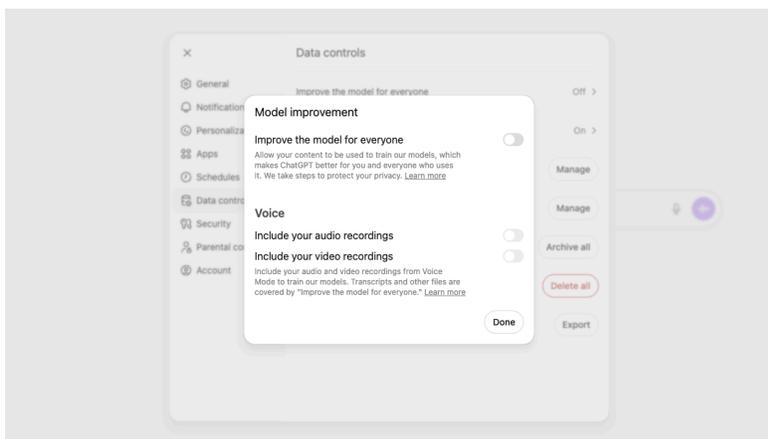
STEP 2:

- Click your **profile icon** in the bottom left corner
- Select **Settings**



STEP 3:

- Go to **Data Controls**
- Toggle OFF: **"Improve the model for everyone"**



You're done! Your privacy settings are now optimized. You can use the AI Assistant with greater peace of mind.

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