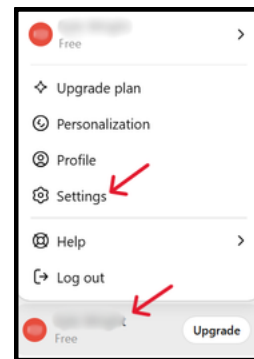


How To: Export ChatGPT Data



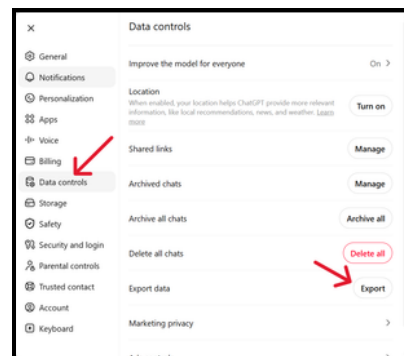
Step 1

Sign in to ChatGPT. Click on your profile name/picture in the bottom left corner and select **Settings**.



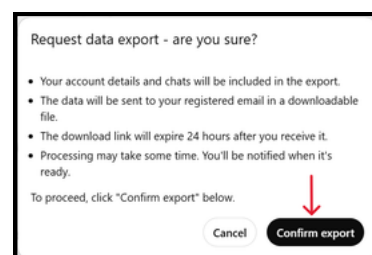
Step 2

Click on **Data Controls** (or **Privacy**). Under the "Export data" section, click **Export**.



Step 3

Click **Confirm export**.



Step 4

ChatGPT sends an email or SMS message when the export is ready. Exports can take up to 7 days to arrive.

Open the message and select **Download data export**. The download link expires 24 hours after you receive it.

Download the export while you are signed in to the same account that requested it.

The downloaded ZIP file includes your chat history and other relevant account data.

More details can be found by [clicking here](#).