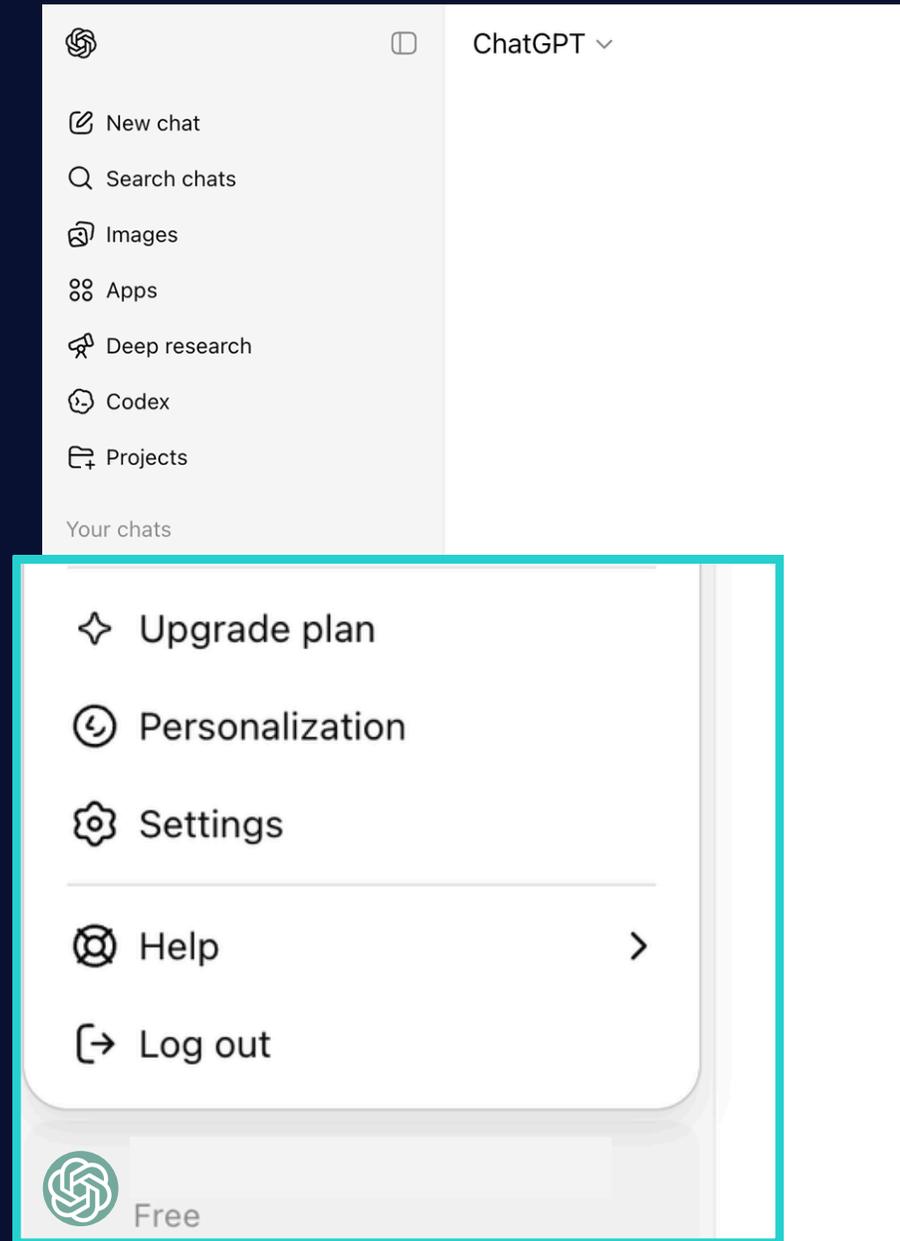


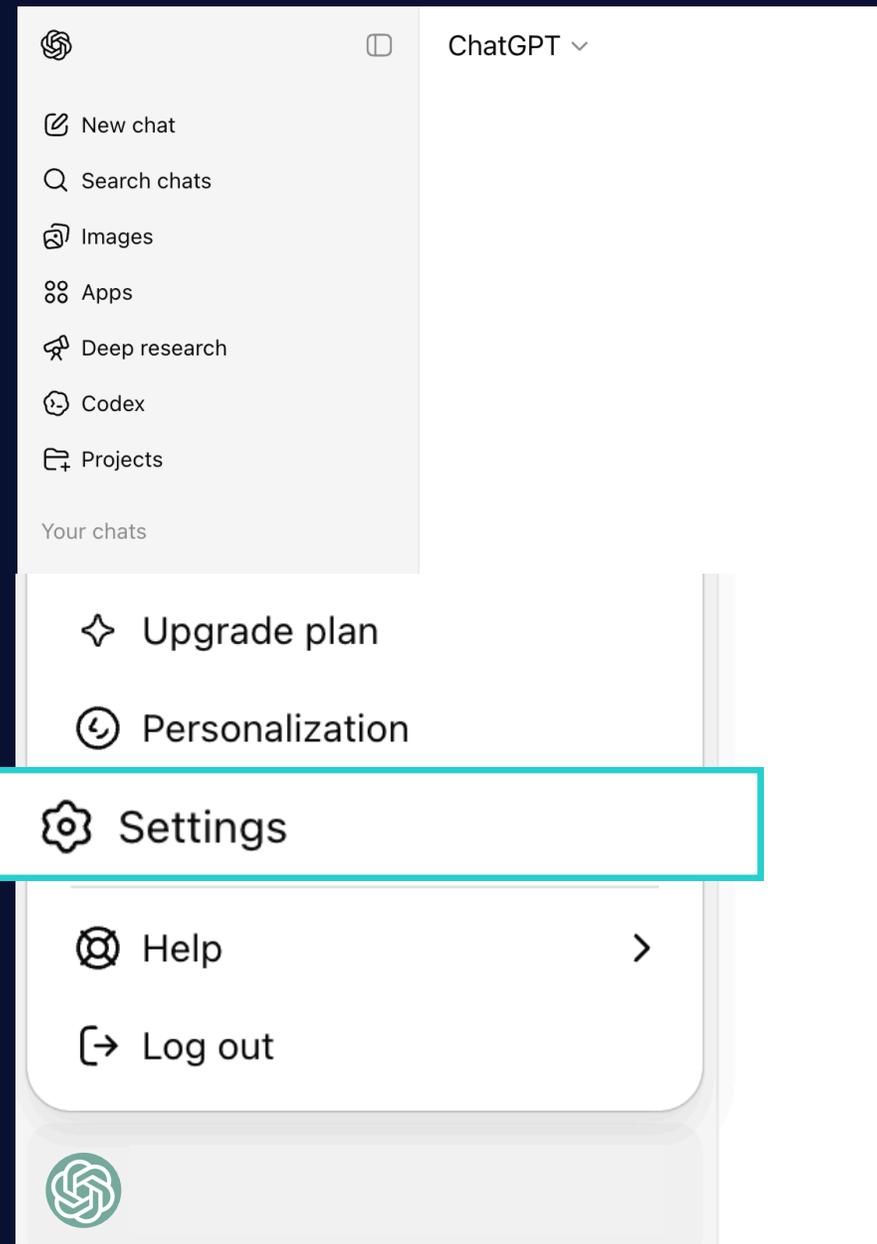
ChatGPT

Click the
User
Profile
(bottom left
or top
right).



ChatGPT

Select Settings



ChatGPT

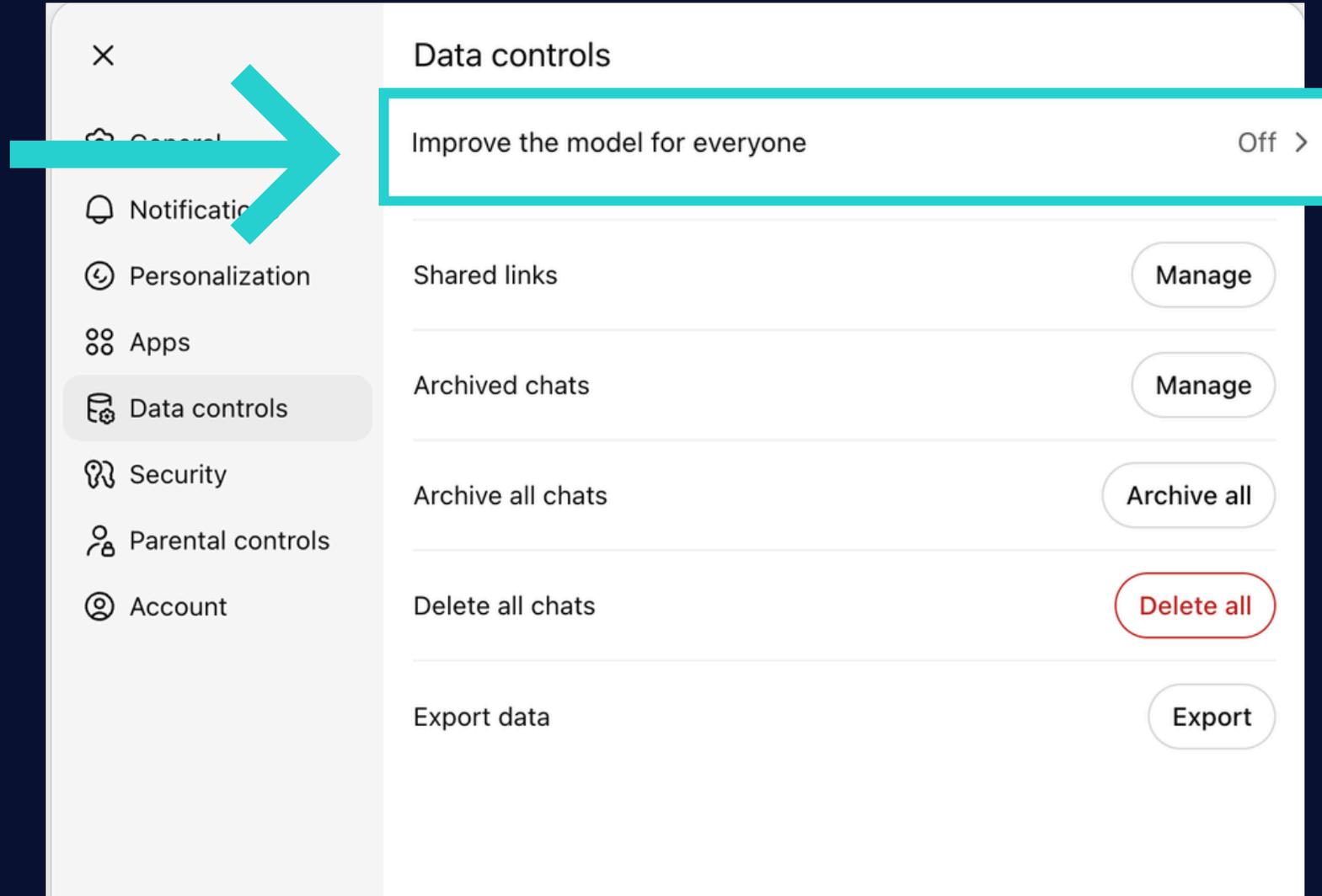
Navigate
to Data
Controls.

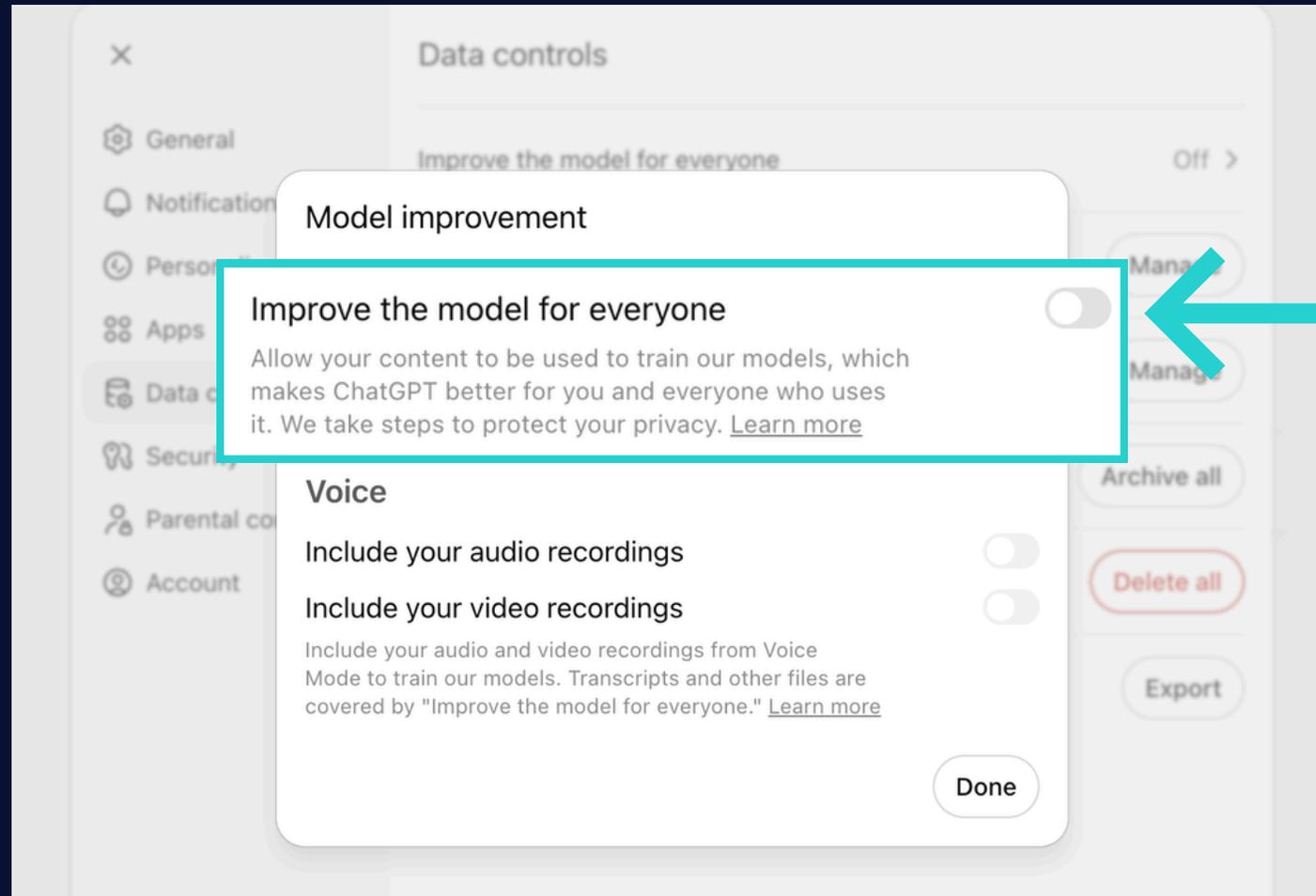


The image shows a settings menu for ChatGPT. On the left is a sidebar with a close button (X) at the top and several menu items: General (with a gear icon), Notifications (with a bell icon), Personalization (with a clock icon), Apps (with a grid icon), Data controls (with a database icon and a red highlight box), Security (with a shield icon), Parental controls (with a person icon), and Account (with a person icon). On the right is the 'General' settings page. At the top of this page is a 'Secure your account' section with a shield icon and a close button (X). It contains the text 'Secure your account' and 'Add multi-factor authentication (MFA), like a passkey or text message, to help protect your account when logging in.' Below this is a 'Set up MFA' button. Further down are settings for Appearance (set to System), Accent color (set to Default), Language (set to Auto-detect), and Spoken language (set to Auto-detect). At the bottom is a 'Voice' section with 'Play' and 'Sol' options.

ChatGPT

Ensure
"Chat
History &
Training" is
toggled
OFF.





Note: If "Chat History & Training" is not directly visible, it may be labeled as "Improve the model for everyone".