

AI Memory *Check*

Review and clear what ChatGPT and Gemini remember about you.

INSIDE

- 1 Ask each app what it remembers
- 2 ChatGPT: Memory settings and every place to clear
- 3 Gemini: saved info and past-chat memory
- 4 Sort keep vs clear, then use a temporary chat
- 5 A copy-paste audit prompt

NOTE Settings checked against OpenAI and Google help pages, Oct 2026. Menu names can differ by plan, region and app version.

STEP 1

Ask first

Start with one question in each app. Then still do the settings checks.

TICK AS YOU GO

- ☐ In ChatGPT, ask: "What do you remember about me?"
- ☐ In Gemini, ask: "Did you use any info from past chats?"

WHY The answer may not list everything. OpenAI says the memory summary does not include every detail. Always do Steps 2 and 3.

ALSO HANDY

ChatGPT can pull from past chats, saved memories, custom instructions, Library files and connected apps, depending on your plan and region. Gemini keeps saved info and a separate memory of past chats.

ChatGPT

settings

Path: Settings, then Personalization, then Memory. You will see a memory summary or a Saved memories list, depending on your version.

TICK AS YOU GO

- ☐ Read the whole memory summary or saved memories list.
- ☐ Fix anything wrong: type a correction in the summary, or edit or delete the saved memory.
- ☐ For each item you want gone, delete it from every place it lives:
 - ☐ the saved memory or memory summary
 - ☐ the chat where you shared it (check archived chats too)
 - ☐ matching files in Library
 - ☐ connected apps that hold it (disconnect them)
- ☐ Decide on Reference chat history. Turning it off schedules chat-derived info for deletion within 30 days. Your saved memories stay.

What each *switch* does

GOOD TO KNOW

Deleting a chat does not automatically delete a separate saved memory made from it.

Turning Memory off does not delete past chats. If you turn it back on, ChatGPT can learn from the chats still in your history.

Delete and turn off memory (three-dot menu on the memory summary) clears what the summary shows and turns Memory off. Past chats stay.

Deleted saved memories: OpenAI may keep logs of them for up to 30 days for safety and debugging.

SOURCE OpenAI Help Center, Memory in ChatGPT, checked Oct 24, 2026.

Gemini

settings

Gemini keeps two lists. Clear both if you want something gone.

LIST 1: SAVED INFO

Settings & help, then Personal context (or gemini.google.com/saved-info).

☐ Read every saved item. Use More, then Edit or Delete.

LIST 2: MEMORY OF PAST CHATS

Settings & help, then Personal Intelligence, then Memory. In the app: Menu, your profile picture, Personal Intelligence.

☐ Decide if Memory stays on.

☐ To make Gemini forget something it learned from past chats, delete every chat with that info: Settings & help, then Activity (or myactivity.google.com/product/gemini).

☐ If the info came from a connected app like Gmail, delete those chats and disconnect the app.

ALSO Memory of past chats needs a personal Google Account, age 18 or over, and Keep Activity on. After you delete a chat, there can be a short delay. Even with Keep Activity off, Google keeps chats for up to 72 hours to run the service.

Sort, private, *repeat*

KEEP

Your role, your industry, your tone, the answer format you like.

CLEAR

Old jobs, finished projects, health details, money details, client or coworker names, anything you would not want repeated in a work chat.

STEP 5: PRIVATE QUESTIONS

- ☐ ChatGPT: New chat, then Temporary. Pick Unpersonalized before your first message. It does not create or update memories. A copy may be kept up to 30 days for safety. Saving it turns it into a regular chat.
- ☐ Gemini: Temporary chat, next to New chat. It is not used to personalize and stays out of your Activity. Kept up to 72 hours.

STEP 6

- ☐ Put a monthly reminder in your calendar to run this check again.

Memory audit

prompt

Copy into ChatGPT or Gemini. The list it gives you may not include everything. Always check the settings in Steps 2 and 3.

B BACKGROUND

I use you every day for work and I want to review what you remember about me.

R ROLE

Act as a careful privacy assistant.

I INSTRUCTIONS

List everything you remember about me or can use from past chats. Group it into work, preferences and personal. Mark anything that looks out of date or sensitive.

E EXAMPLES

"Works in sales | work | current | keep" or "Old job at a previous company | work | out of date | clear".

F FINAL OUTPUT

A table with four columns: item, group, status, keep or clear.

Ask me any questions you need answered before you start.

Where the steps come *from*

CHECKED OCT 24, 2026

OpenAI Help Center

help.openai.com/en/articles/8590148-memory-faq

help.openai.com/en/articles/8914046-temporary-chat-faq

help.openai.com/en/articles/10303002-how-does-memory-use-pastconversations

Gemini Apps Help

support.google.com/gemini/answer/16413516

support.google.com/gemini?p=past_chats

support.google.com/gemini/answer/13278892

support.google.com/gemini/answer/13275745

Google blog

[blog.google/products-and-](https://blog.google/products-and-platforms/products/gemini/temporary-chats-privacy-controls/)

[platforms/products/gemini/temporary-chats-privacy-controls/](https://blog.google/products-and-platforms/products/gemini/temporary-chats-privacy-controls/)

NOTE Steps and menu paths follow those help pages. Menu labels can change by plan and app version.

Where to find *me*

SKOOL COMMUNITY

Join the Momentum AI community on Skool:

<https://www.skool.com/momentum-ai/about>

Step-by-step AI systems and real builds you can follow.

INSTAGRAM

@erick.killmonger

New carousels and guides like this one.

[instagram.com/erick.killmonger](https://www.instagram.com/erick.killmonger)

NEWSLETTER

Two Steps Ahead

AI news, useful tools, and security stories worth your time.

momentum-ai.beehiiv.com/subscribe

STAN STORE

All my links

stan.store/Momentum_AI