

Lock down your *AI chats*

TIME reported that Meta's new Muse assistant keeps a running profile on each user, updated about hourly, including pages on people you mention. Every AI app keeps something. Here are the switches that decide **what it keeps and whether it trains on you**. Two minutes, once.

Before you start:

- 1. Menus move around. If a label looks different, look for the same words in Settings.
- 2. These switches change what happens **from now on**. They don't undo training that already happened.

1 ChatGPT

- Settings → **Data controls** → turn off **Improve the model for everyone**.
- For anything private, start a **Temporary Chat** (no history, no memory, not used for training).
- Settings → **Personalization** → **Memory**: read what it saved and delete what you don't want.

2 Claude

- Settings → **Privacy** → turn off the training toggle (**Help improve Claude**).
- Delete chats you don't want kept. Deleted chats are left out of future training.

3 Gemini

- Go to **myactivity.google.com/product/gemini** → turn off **Keep Activity**.
- With it off, Google says chats are kept for up to 72 hours and aren't used for training unless you send feedback.

4 Meta AI / *Muse*

- Open Muse's **Data controls** and review its memory files.
- Use **Reset** if you want the history, files and tasks gone. Deleting single chats may not erase what it learned.
- Disconnect any accounts it doesn't need (email, calendar).

Reports say asking Muse to forget may not remove the original messages, so Reset is the stronger option.

! Never paste *these*

- passwords
- bank or card numbers
- ID / SSN / passport numbers
- medical records
- someone else's private messages
- client or work secrets
- your home address + daily routine

Sources: TIME (Oct 6, 2026) on Muse; each company's privacy settings pages. Check your own screen, as names change.

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