

Do You Tell Your Chat Everything?

8 ways to keep your data safe in the AI age.



1

Turn off training

By default, the big AI companies can use your chats to train their next model. There's a setting to stop it in every major chatbot. Find it, switch it off, and that's two minutes well spent.

2

Run the stranger test

Before you paste something in, ask yourself one question: would I email this to a total stranger? If the answer is no, it doesn't go in the chat either.

3

Strip out the details

Names, emails, addresses, account numbers. "My friend" gets you the exact same advice as her full name and street address. The AI doesn't need the specifics to help you.

4

Never share logins

Passwords, two-factor codes, recovery keys, bank details. No chatbot needs these for anything. If one ever asks, that's your sign to close the tab.

5

Turn off memory and unplug what you don't use

Memory lets the AI build a running file on you across every chat. And every app you've connected, your email, your drive, your calendar, is another door into your life. Keep only what you actually use.

6

Check your ad settings

ChatGPT shows ads now. If personalized ads are on, your past chats and memory can shape what you see. That's a setting, and you can turn it off.

7

Lock the account itself

Turn on two-factor login, and sign out on any device you share. All the privacy settings in the world don't matter if someone else can just open your account.

8

Use a private AI for the personal stuff

Some conversations just shouldn't go through a company that runs on data. [Lumo by Proton](#) keeps no logs of your chats, doesn't train on them, and doesn't use them to profile you.

