

A GUIDE FROM DAN CHRIST



YOUR 10-MINUTE AI PRIVACY AUDIT

*TAKE CONTROL OF YOUR DATA
IN CHATGPT, CLAUDE & GEMINI*

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WHY YOUR AI PRIVACY SETTINGS MATTERS

Right now, ChatGPT, Claude, and Gemini are storing your conversations, using your data to train future AI models, and retaining your inputs for years.

Most people have NO IDEA this is happening.

THE GOOD NEWS

You can take control in about 10 minutes.

This checklist shows you exactly which settings to change and why they matter.

WHAT YOU'LL LEARN

- Which AI tool trains on your data by default
- How to opt out (and what happens when you do)
- How long your chats are stored
- Which tool gives you the most privacy

WHY I BUILT THIS

I'm Dan Christ. I help people cut through tech confusion.

Companies make it HARD to protect your data. This guide makes it EASY.

Let's get started.



CHATGPT PRIVACY SETTINGS

CURRENT STATUS (As of December 2025)

ChatGPT trains on your conversations by DEFAULT unless you opt out. Your chat history is saved indefinitely unless you delete it manually.

Good news: You CAN opt out AND keep your chat history.

CRITICAL SETTINGS TO CHANGE

Setting 1: Turn Off Training

- Where: Settings > Data Controls
- Toggle OFF: "Improve the model for everyone"
- What this does: Stops OpenAI from using your chats to train future models
- Trade-off: None. Your chats still save

Setting 2: Manage Memory

- Where: Settings > Personalization > Memory
- What to check: What ChatGPT has stored about you
- What to do: Review and delete anything sensitive
- What this does: Controls what ChatGPT remembers between sessions

CHATGPT PRIVACY SETTINGS

Setting 3: Use Temporary Chat (Optional)

- Where: Top-left dropdown menu
- Toggle ON: "Temporary chat"
- What this does: Chats deleted after 30 days, not used for training
- Trade-off: ChatGPT won't remember context

WHAT ELSE YOU SHOULD KNOW

- Free & Plus users: Training is ON by default
- Business/Enterprise: Training is OFF by default
- Deleted chats: Removed from servers in 30 days
- Court order: OpenAI currently must retain all consumer data indefinitely due to NY Times lawsuit

DAN'S TAKE

ChatGPT gives you good control once you know where to look. The Memory feature is powerful and can be a tad creepy. Check it monthly to see what it's stored about you.

My approach: Training OFF, Memory ON but reviewed monthly, Temporary Chat for everything sensitive.

CLAUDE PRIVACY SETTINGS

CURRENT STATUS (As of August 2026)

Claude used to pride itself on NOT training on user data. That changed in August 2025. Now it DOES train on your chats—UNLESS you opt out. This applies to Claude Free, Pro, and Max plans.

CRITICAL SETTING TO CHANGE RIGHT NOW

Setting 1: OPT OUT of Model Training

- Where: Settings > Privacy
- What to do: Toggle OFF "Help improve our AI Models" and "Location Metadata"
- What this does: Your chats won't be used to train Claude and it won't know where you are.
- Trade-off: Must share location if key for a query

 **IMPORTANT:** This toggle is ON by default. You **MUST** turn it off if you want privacy.

WHAT HAPPENS IF YOU DON'T OPT OUT

- Your chats **WILL** be used for AI training
- Your data will be stored for 5 YEARS (not 30 days)
- Applies to all new or resumed conversations after you accept the new terms
- Deadline was Oct 8, 2025—if you didn't opt out, you're opted IN

CLAUDE PRIVACY SETTINGS

Setting 2: Check Your Memory Settings

- Where: Settings > Memory
- **Search and reference chats:** This allows you to find prior conversations in Claude. I recommend you leave this on. It is very useful as you use Claude more.
- **Generate memory from chats:** This helps Claude learn about you based solely on how you interact with it. I recommend you leave this on to improve the quality of your engagement with Claude over time.
- **You, Topics, Areas, People:** Here's where you can review what Claude has retained about you.
 - Note: This is separate from training. Instead this is about personalizing your work with Claude.
 - You have control. The information can be edited or deleted.
 - if you want to change something in the memory, tell Claude what to change or remove.

CLAUDE PRIVACY SETTINGS

WHAT DIDN'T CHANGE

- Claude still doesn't sell your data to third parties
- Deleted conversations are removed within 30 days
- Business accounts (Claude for Work, Enterprise) still don't train on your data

DAN'S TAKE

I was STUNNED when Claude changed its training policy. Anthropic built its reputation on privacy, then flipped to opt-OUT instead of opt-IN.

Although it did email all users, many do not follow these changes as closely as they could.

Go to Settings > Privacy RIGHT NOW and turn off the “Help Improve Claude” toggle. Don't wait. This is a significant privacy reversal.

GEMINI PRIVACY SETTINGS

CURRENT STATUS (As of August 2026)

Starting Sept 2, 2025, Google uses "a sample" of your Gemini uploads (files, photos, videos, screenshots) to train AI UNLESS you opt out. The setting is ON by default for users 18+.

CRITICAL SETTINGS TO CHANGE

Setting 1: Turn Off "Gemini Apps Activity"

- Where: Settings > Activity page (clock icon) OR myactivity.google.com/product/gemini
- What to do: Turn OFF "Gemini Apps Activity" (being renamed to "Keep Activity")
- What this does: Stops Google from using your chats and uploads for training
- Trade-off: Chat history won't save

Setting 2: Opt Out of Audio Training (Mobile)

- Where: Gemini settings on mobile
- What to check: "Improve Google services with your audio and Gemini Live recordings"
- What to do: Make sure box is UNCHECKED

GEMINI PRIVACY SETTINGS

Setting 3: Delete Past Activity (Optional)

- Where: Same activity page
- What to do: Click "Turn off and delete activity"
- What this does: Removes your past Gemini chats
- Note: Google keeps reviewed chats for up to 3 years (disconnected from your account)

WHAT ELSE YOU SHOULD KNOW

- Even with training OFF, chats stay on servers for 72 hours after deletion
- Google reviews some conversations for safety (humans may see your chats)
- Data is "disconnected" from your account but still stored for up to 3 years
- No way to completely prevent human review

DAN'S TAKE

Google's approach is the LEAST privacy-friendly of the three. The 72-hour retention, 3-year storage of reviewed chats, and vague "sample" language make me uncomfortable.

If you use Gemini, turn off activity NOW. Better yet, use it for general questions only and never anything sensitive or personal.

YOUR 10-MINUTE PRIVACY ACTION PLAN

Print this page. Check each box as you complete it.

CHATGPT

- ☐ Turn OFF "Improve the model for everyone"
- ☐ Review Memory settings
- ☐ Delete any sensitive past chats
- ☐ Bookmark: chatgpt.com/settings

CLAUDE

- ☐ Turn OFF "Help improve our AI Models" and "Location Metadata"
- ☐ Verify setting saved (check again in 1 week)
- ☐ Delete any sensitive past chats
- ☐ Bookmark: claude.ai/settings/data-privacy-controls

GEMINI

- ☐ Turn OFF "Gemini Apps Activity" (Keep Activity)
- ☐ Uncheck audio training (mobile)
- ☐ Delete past activity
- ☐ Bookmark: myactivity.google.com/product/gemini

ONGOING MAINTENANCE

- ☐ Set calendar reminder: Check settings quarterly
- ☐ Before sharing ANYTHING sensitive, ask: "Would I be okay if a human reviewer saw this?"
- ☐ Use Temporary Chat (ChatGPT) or incognito browsing for truly private conversations

YOUR 10-MINUTE PRIVACY ACTION PLAN



REMEMBER:

Even with all settings OFF, some data may still be:

- Reviewed by humans for safety
- Retained temporarily (30-72 hours)
- Subject to legal/court requests

NEVER share: Passwords, SSNs, credit cards, medical records, proprietary business info.

Most people have NO IDEA this is happening.

WHAT'S NEXT

CONGRATS!

You just took back control of your AI privacy. You're now in the top 25% of AI users who actually understand what's happening with their data.

WHAT TO DO WITH THIS CHECKLIST:

- ☐ Forward to ONE friend who needs it
- ☐ Print it for your parents
- ☐ Share it at work (your IT team will thank you)

WANT MORE PRACTICAL TECH GUIDANCE?

I write a weekly newsletter that cuts through tech noise just like this checklist. No jargon. No hype. Just clear guidance you can actually use.

Subscribe: danchrist.com/subscribe

NEED PERSONALIZED HELP?

Maybe you're still confused. Maybe your business needs a full AI privacy audit. Maybe you just want someone to walk through this with you.

WHAT'S NEXT

I offer:

- AI Privacy Audits for small businesses
- 1-on-1 AI training (I'm literally called "The AI Trainer")
- Tech troubleshooting for everyday tools

Book a free 30-min call: danchrist.com/services

QUESTIONS? FEEDBACK?

Email me: hello@danchrist.com

I read every email and will respond personally.

-Dan

P.S. If this saved you even 10 minutes of confusion, please forward it to someone who needs it. Privacy should be simple. Let's make it that way together.