

ChatGPT Memory

ChatGPT: Memory vs. History

This document explores how ChatGPT retains information across conversations, discussing the differences between chat history and memory features. It covers key points about chat history in the sidebar, memory updates when enabled, and the distinctions between paid and free versions. The guide also provides examples to illustrate how ChatGPT's memory works in various scenarios and concludes with a summary of its capabilities.

Chat History (Sidebar Conversations)

What it does

Your past conversations are saved as threads in the sidebar. You can reopen these to revisit the context and continue them.

How it works

When you click on a saved thread, ChatGPT is reloaded with the previous conversation in view. However, this does not mean ChatGPT has "remembered" it in the sense of having it available in a **new, unrelated** chat.

Example:

- **Yesterday's** conversation: "How do I design a marketing plan for my new product?"
- If you open **this thread** today, ChatGPT will see the full context of that conversation and can continue seamlessly.
- **New** conversation today: ChatGPT won't automatically know about the marketing plan unless you explicitly tell it.

Memory Updates (When Enabled)

What it does

With memory enabled, ChatGPT can persistently "remember" **specific facts** about you across different chats. This is different from the saved chat history in the sidebar. Memory allows ChatGPT to retain **key** details about you, even in unrelated new threads.

How it works

When you share something ChatGPT can store (like your preferences, goals, or project details), it will notify you with a "**Memory updated**" message. This information is then available in future conversations, even if you start a new thread.

Example:

- You tell ChatGPT, "I'm launching a **tech startup focused on AI solutions.**" ChatGPT might respond, "Got it! I'll remember that for next time."
- Tomorrow, in a brand-new chat, you ask, "Can you suggest a tagline for my startup?" ChatGPT will **recall the context** ("tech startup focused on AI solutions") and incorporate it into its answer.

Paid ChatGPT Pro vs. Free Version

ChatGPT **Pro** offers enhanced performance (e.g., access to the best LLMs, e.g. GPT-4, and faster response times). The memory feature is not exclusive to Pro but is being gradually rolled out to all users, free and Pro alike. If you see memory updates, it means memory is available in your account.

Is it Safe to Assume Memory Retains Yesterday's Context?

If using **memory**:

- Yes, for **specific** remembered facts (like "I am working on a project" or "My dog's name is Max"). ChatGPT should retain and use them in unrelated **new** threads.
- However, **memory is selective** and does not store everything from a conversation—only the details it explicitly tells you are "remembered."

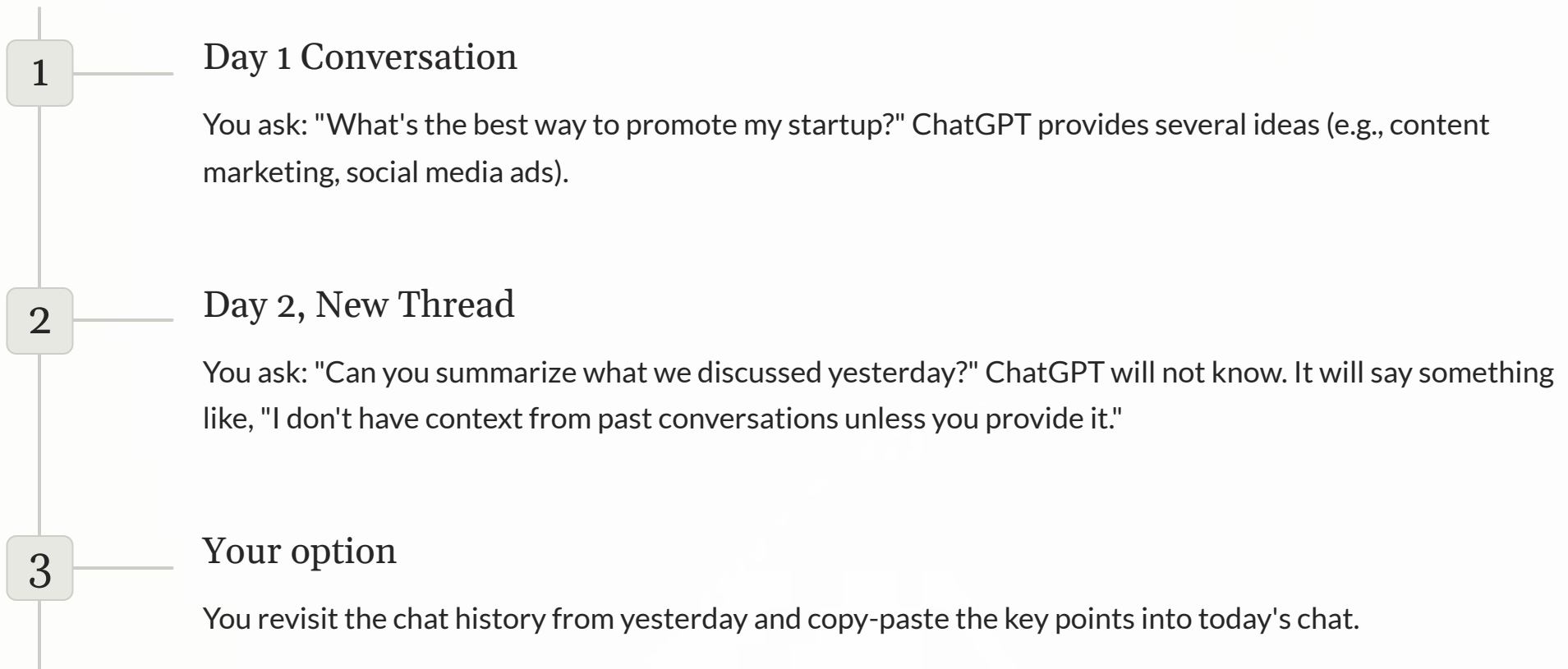
If not using memory (**chat history only**):

- No, ChatGPT **doesn't "remember"** outcomes or results from yesterday's conversations in new threads. The information is saved for your convenience to revisit but isn't accessible to ChatGPT unless you reload that thread.

Examples to Illustrate

Here are two scenarios to make it clearer:

Scenario 1: Chat History Without Memory



Scenario 2: Chat History With Memory Enabled





Summary

With Memory

Yes, ChatGPT can "remember" facts shared yesterday and use them in new threads. This is limited to specific remembered details, not the entire conversation history.

Without Memory

No, ChatGPT won't recall past interactions in new threads. Saved chat history in the sidebar is for your reference only.

If you're seeing "Memory updates," ChatGPT should retain relevant facts you've chosen to share. Feel free to test it by asking it to recall something it agreed to "remember" in a new chat!