# ❤️ Ashley's ChatGPT Extractor ❤️

💕 A special tool to review your ChatGPT messages 💕

✨ Data loaded successfully from database! ✨ 💖

## Conversation Metrics

| **80** | **1756** | **357,977** |
|:---:|:---:|:---:|
| Total Conversations | Total Messages | Total Characters |

| **21.95** |
|:---:|
| Avg Messages/Conv |

## Monthly Message Distribution



| Ma. | Fe. | Ja. | De. | No. | Oc. | Se. | Au. | Ju. | Ju. | Ma. | Ap. | Ma. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 24 | 235 | 177 | 74 | | 257 | 49 | 528 | 162 | 49 | 120 | | 22 |
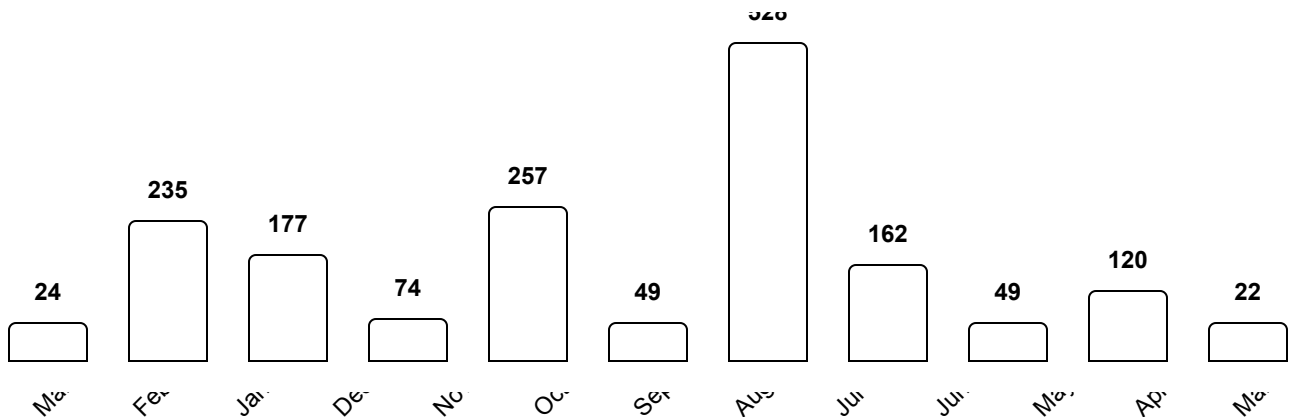
## Time of Day Distribution

| **Morning:** | | 700 (39.9%) |
|---|---|---|
| **Afternoon:** | | 389 (22.2%) |

| | | |
|---|---|---|
| **Evening:** | | 499 (28.4%) |
| **Night:** | | 168 (9.6%) |
| **Total:** | **1756 messages** | |

Morning: 5:00 AM - 12:00 PM | Afternoon: 12:00 PM - 5:00 PM
Evening: 5:00 PM - 10:00 PM | Night: 10:00 PM - 5:00 AM

## Hourly Distribution (starting times)

| Time | Count |
|---|---|
| 12AM | 0 |
| 2AM | 8 |
| 4AM | 152 |
| 6AM | 140 |
| 8AM | 203 |
| 10AM | 205 |
| 12PM | 291 |
| 2PM | 73 |
| 4PM | 242 |
| 6PM | 180 |
| 8PM | 102 |
| 10PM | 160 |
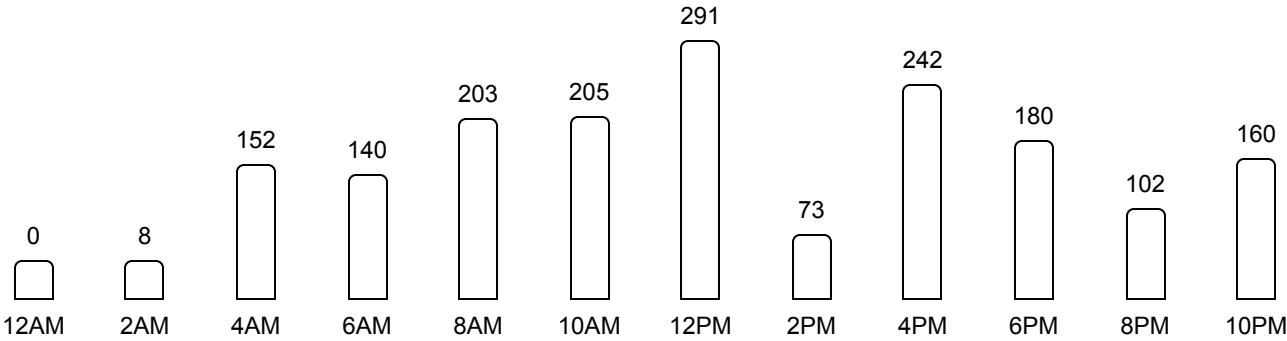
## Message Length Distribution

| Category | Count |
|---|---|
| Very Short (<50 chars) | 579 (33.0%) |
| Short (50-100) | 648 (36.9%) |
| Medium (100-200) | 315 (17.9%) |
| Long (200-500) | 126 (7.2%) |
| Very Long (>500) | 88 (5.0%) |
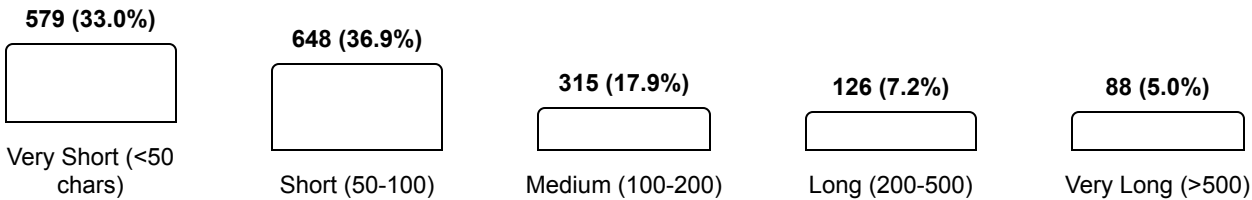
## Greeting Patterns

| 843 | 4 | 1019 | 227 |
|---|---|---|---|
| Total Greetings | Simple Greetings | Questions | "Thank You"s |

**813 (91.9%)**

### Greeting Types
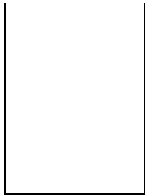
| | | | | | |
|---|---|---|---|---|---|
| | 7 (0.8%) | 49 (5.5%) | 15 (1.7%) | 0 (0.0%) | 1 (0.1%) |
| Hi | Hello | Hey | Good Morning | Good Afternoon | Good Evening |

## "Thank You" Variations

| 120 (52.9%) | 9 (4.0%) | 2 (0.9%) | 0 (0.0%) | 96 (42.3%) |
|---|---|---|---|---|
| Thank You | Thanks | Appreciate | Short Forms | Other |

## Timeline Statistics

| | |
|---|---|
| **2/27/2024**<br>First Conversation | **3/19/2025**<br>Latest Conversation |
| **117.08 hrs**<br>Avg Time Between | **0.21**<br>Conversations/Day |

## Message Characteristics

| | | | |
|---|---|---|---|
| **203.86**<br>Avg Chars/Message | **7,220**<br>Longest Message | **1**<br>Shortest Message | **98**<br>:) Smileys |

## Word Frequency Analysis

| **4,467** | **5.87** |
|:---:|:---:|
| Unique Words | Avg Word Length |

## Top Words Used

fiber 458   rich 388   please 315   recipe 315   omega 271   anti 246

oil 233   gut 222   inflammatory 212   chicken 205   if 193   fermented 188

cup 186   digestion 185   tbsp 182   there 181   health 179   bloating 155

sauce 154   high 153   protein 145   help 143   vitamin 138   grill 136   i'm 132

red 132   foods 132   add 130   hi 127   great 127

## Word Length Distribution

| 5017 (13.5%) | 19576 (52.8%) | 9466 (25.5%) | 3051 (8.2%) |
|:---:|:---:|:---:|:---:|
| Short (2-3) | Medium (4-6) | Long (7-9) | Very Long (10+) |

## Fun Insights

| **118** | **1,155** | **10** | **2** |
|:---:|:---:|:---:|:---:|
| ! Marks | ? Marks | Emojis | LOLs & Haha's |

### Enthusiasm Score
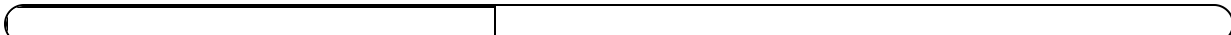
4 ———————————————————— 10

*Calm and measured*

**How You Start Sentences**

13 48   hi 114   thank 104   i'm 71   fermented 58   if 41