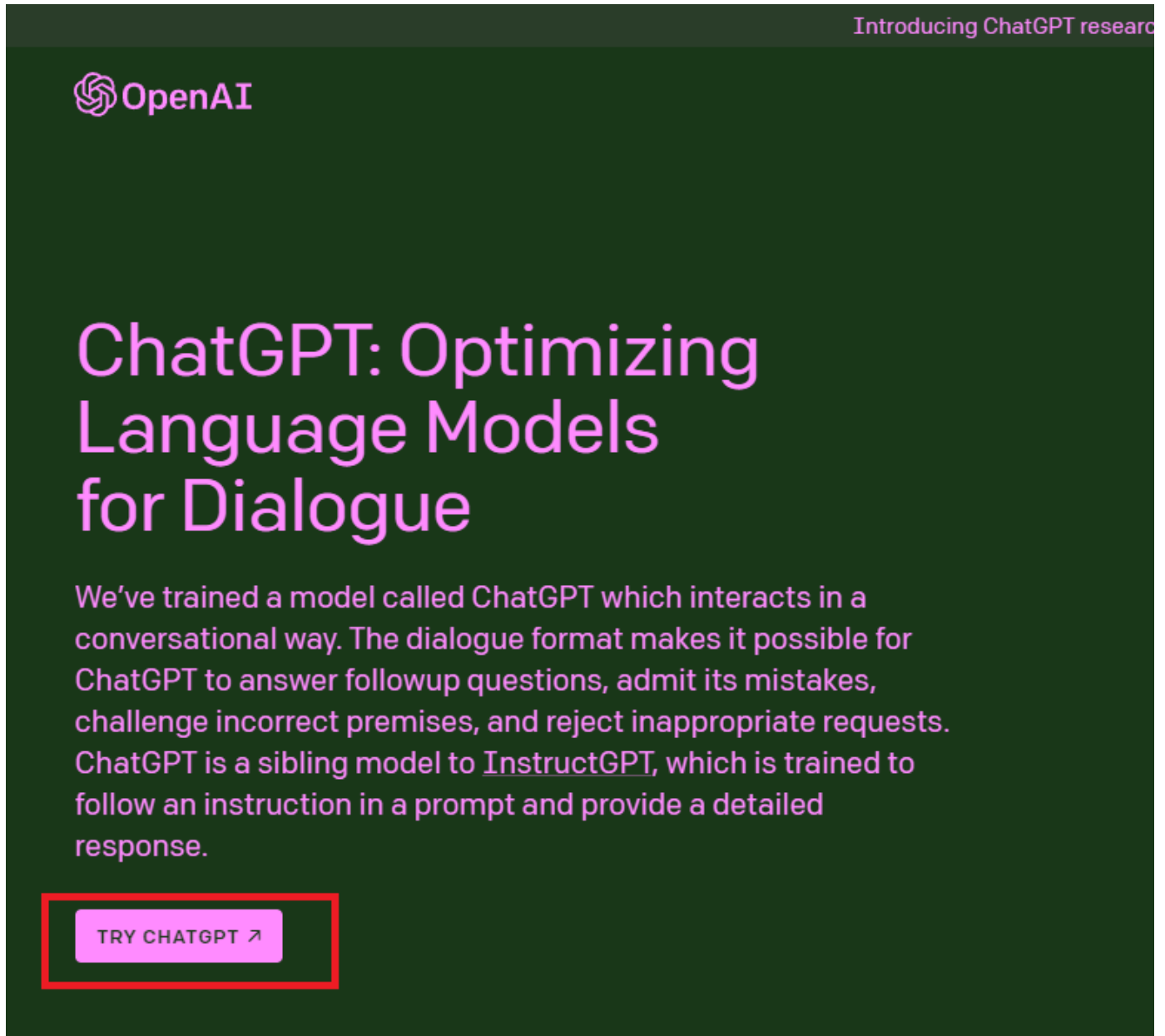


如何取得 ChatGPT 的 Secure-next-auth.session-token ?

Step1 進入 ChatGPT，並登入



Step2

開啟 F12 後，選擇應用程式，選擇 Cookies

就可以看到你的 Secure-next-auth.session-token

The image shows the ChatGPT web interface on the left and the Chrome DevTools Application tab on the right. Red arrows and boxes highlight the steps to find the session token cookie.

ChatGPT Interface:

- Examples: "Explain quantum computing in simple terms" →
- Capabilities: Remembers what user said earlier in the conversation
- Limitations: May occasionally generate incorrect information

Chrome DevTools:

- F12** is shown in the top left corner.
- The **Application** tab is selected in the top right.
- The **Cookies** section is expanded in the left sidebar.
- The **Secure-next-auth.session-token** cookie is highlighted in the list.
- The **Cookie Value** is shown in the right pane, containing a long alphanumeric string.

Cookie Value:

```
eyJhbGciOiJIUzI1LCJ0bmMiOiJBMjU2R0NNIn0.eq_t78D9jIh8vhdw.XpSY6Ri7Mc1i28Vj7Zp8mpG8-BjYZF6Cg22TgOwkrCZlhtU1Twl8vrsv4ARp3WxCaOvfgZzoll1ptun95pGhV6P4Qvk1QaC...DM3E3trzf6H5xgpy_TowIyYPLqxNzGNrgR9TUwkTKDyeTFYqmb8GJA5Lml6PNzetaq/VmzMW...bm-G-W9eKDV.CITXh3EKrLBO45HL0cbRoE5i6OKSdH5vPfuJ8hRssgQHH76hiX-63bgilHSVnD...QQWblwv3KK5MXJz6GvgISGcNiiK8-GnfFmqmNCfBuxYocOcB8puf4Vuxos7okWsAvl-6YpBl...8NMW5YGW3g4pFw1w7JaOa6l-RLzUQh3nAn4BOPCSJV0Zmw7zXc20f0F2069FN_3B8ghyG...N_7JClE0v2dlDN4A1buAtonJee3FVO_z9ly81p7tgxiDngQoxyrjoaG9H4IT1IloUX3EtUpCTpbj...r-XzL...miej82YciNukNpOP5oeRRhf1MUW8yv8IEs0mEehE_BTIPnoM8MsP1VQyLL7Zw3V8xkqB9C...qY2...ONwxQtPAgeEA5GR4pWuhLXN4CkCYlbyxSbW0YmBtWc8Sce9gFs3o50dL6FvNdcf86wjiR...HW2...E6q7nM9030Rp5-yjEkLfy2fKwUelWGqPpVzaWTVvGQemsTFFKgWSiV0FuaF_M_JIUk2oDtp...ubp5P...K6zOsYm7LWoBwk7aLkHnCdf0xWZol29r7T--PcHN1keAPM4MvhiV8eMKKfwckzuEBMToh...DvHU...
```