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Data Controls FAQ 数据控制常见问题解答



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一周多前更新

What are the Data Controls settings?

数据控制设置是什么？

Data controls offer you the ability to turn off chat history and easily choose whether your conversations will be used to train our models. They also give you the option to export your ChatGPT data and permanently delete your account.

数据控件使您能够关闭聊天历史记录，并轻松选择您的对话是否将用于训练我们的模型。他们还提供导出 ChatGPT 数据并永久删除您的帐户的选项。

How do I turn off chat history and model training?

如何关闭聊天记录和模型训练？

Web interface: 网页界面：

To disable chat history and model training, navigate to ChatGPT > Data Controls. While history is disabled, new conversations won't be used to train and improve our models, and won't appear in the history sidebar. To monitor for abuse, we will retain all conversations for 30 days before permanently deleting.

要禁用聊天记录和模型训练，请导航至 ChatGPT > 数据控件。当历史记录被禁用时，新的对话将不会用于训练和改进我们的模型，也不会出现在历史记录侧边栏中。为了监控滥用情况，我们会将所有对话保留 30 天，然后再永久删除。

Please note, this will not prevent unauthorized browser add-ons or malware on your computer from storing your history.

请注意，这不会阻止您计算机上未经授权的浏览器插件或恶意软件存储您的历史记录。

See [How do I turn off chat history and model training? \[Web\]](#).

请参阅如何关闭聊天记录和模型训练？ [网页]

iOS app: iOS应用程序：

To disable chat history and model training, tap the three dots on the top right corner of the screen > Settings > Data Controls > toggle off Chat History & Training. While history is disabled, new conversations won't be used to train and improve our models, and won't appear in the history sidebar. To monitor for abuse, we will retain all conversations for 30 days before permanently deleting.

要禁用聊天历史记录和模型训练，请点击屏幕右上角的三个点 > 设置 > 数据控制 > 关闭聊天历史记录和训练。当历史记录被禁用时，新的对话将不会用于训练和改进我们的模型，也不会出现在历史记录侧边栏中。为了监控滥用情况，我们会将所有对话保留 30 天，然后再永久删除。

See [How do I turn off chat history and model training? \[iOS app\]](#).

请参阅如何关闭聊天记录和模型训练？ [iOS应用程序]

Android app: 安卓应用程序：

You can access Chat History & Training controls by opening the menu through the three horizontal lines in the top left corner of your screen, selecting **Settings**, then clicking **Data Controls**. You should see **Chat History & Training** with a toggle.

您可以通过屏幕左上角的三条水平线打开菜单，选择“设置”，然后单击“数据控件”来访问“聊天历史记录和培训”控件。您应该可以看到带有切换开关的聊天历史记录和培训。

See [How do I turn off chat history and model training? \[Android app\]](#).

请参阅如何关闭聊天记录和模型训练？ [安卓应用程序]

Does this functionality sync between web and mobile devices?

此功能是否在网络和移动设备之间同步？

This setting does not sync across browsers or devices. You will have to enable it in each device.

此设置不会跨浏览器或设备同步。您必须在每个设备中启用它。

How do I export my data from ChatGPT?

如何从 ChatGPT 导出数据?

To export your conversations, in ChatGPT, navigate to Settings > Data Controls. You'll see an option to Export Data at the bottom-left corner of the pop-up. You'll receive a file containing your ChatGPT data in an email.

要导出对话，请在 ChatGPT 中导航至“设置”>“数据控制”。您将在弹出窗口的左下角看到导出数据的选项。您将通过电子邮件收到包含 ChatGPT 数据的文件。

For details see [How do I export my ChatGPT history and data?](#)

有关详细信息，请参阅如何导出我的 ChatGPT 历史记录和数据?

How do I delete my ChatGPT account?

如何删除我的 ChatGPT 帐户?

To delete your account, navigate to Settings > Data Controls. At the bottom of the pop-up, you will see an option to delete your account. If you choose to delete your account, this is irreversible. If you are an API user via the same account, this data will also be deleted.

要删除您的帐户，请导航至“设置”>“数据控制”。在弹出窗口的底部，您将看到一个用于删除帐户的选项。如果您选择删除您的帐户，则这是不可逆转的。如果您是同一帐户的 API 用户，这些数据也将被删除。

For details see [How can I delete my account?](#)

有关详细信息，请参阅如何删除我的帐户?

How does OpenAI use my personal data?

OpenAI 如何使用我的个人数据?

Our large language models are trained on a broad corpus of text that includes publicly available content, licensed content, and content generated by human reviewers. We don't use data for selling our services, advertising, or building profiles of people—we use data to make our models more helpful for people. ChatGPT, for instance, improves by further training

on the conversations people have with it, unless you choose to disable training.

我们的大型语言模型是在广泛的文本语料库上进行训练的，其中包括公开内容、许可内容和人工审阅者生成的内容。我们不会使用数据来销售我们的服务、做广告或建立人们的档案——我们使用数据来使我们的模型对人们更有帮助。例如，ChatGPT 可以通过进一步训练人们与之进行的对话来改进，除非您选择禁用训练。

If I disable history, does the setting apply to all my conversations, or can I choose specific conversations to enable it for?

如果我禁用历史记录，该设置是否适用于我的所有对话，或者我可以选择特定对话来启用它吗？

While history is disabled, new chats will be deleted from our systems within 30 days – and reviewed only when needed to monitor for abuse – and won't be used for model training. Existing conversations will still be saved and may be used for model training if you have not opted out.

禁用历史记录后，新的聊天记录将在 30 天内从我们的系统中删除，并且仅在需要监控滥用情况进行审核，并且不会用于模型训练。如果您未选择退出，现有对话仍将被保存，并可用于模型训练。

If I disable history, what happens when the conversation closes?

如果我禁用历史记录，对话关闭时会发生什么？

When history is disabled, the conversation will not appear in your history (on the left-hand side of the screen) and cannot be recovered. When chat history is disabled, we will retain new conversations for 30 days and review them only when needed to monitor for abuse, before permanently deleting.

禁用历史记录后，对话将不会出现在您的历史记录中（位于屏幕左侧）并且无法恢复。禁用聊天记录后，我们会将新对话保留 30 天，并仅在需要监控滥用情况时对其进行审查，然后才会永久删除。

Are there any limitations or restrictions on disabling history and training?

禁用历史记录和训练是否有任何限制或限制？

There is no limit on the number of conversations you can have while history and training are disabled. This applies to both free and Plus subscriptions.

禁用历史记录和训练时，您可以进行的对话数量没有限制。这适用于免费订阅和 Plus 订阅。

I previously opted out model training by writing to the support team. Will you continue to honor my opt-out?

我之前通过写信给支持团队选择退出模型培训。您会继续尊重我的退出吗？

Yes, we will continue to honor previous opt-out requests. The new Data Controls aim to make it easier to turn off chat history and easily choose whether your conversations will be used to train our models

是的，我们将继续尊重之前的选择退出请求。新的数据控件旨在更轻松地关闭聊天历史记录并轻松选择您的对话是否将用于训练我们的模型

What if I want to keep my history on but disable model training?

如果我想保留历史记录但禁用模型训练怎么办？

We are working on a new offering called ChatGPT Business that will opt end-users out of model training by default. In the meantime, you can opt out from our use of your data to improve our services by filling out [this form](#). Once you submit the form, new conversations will not be used to train our models.

我们正在开发一项名为 ChatGPT Business 的新产品，默认情况下将选择最终用户退出模型训练。同时，您可以填写此表格，选择不让我们使用您的数据来改进我们的服务。提交表单后，新的对话将不会用于训练我们的模型。

Do you have a ChatGPT business plan?

您有 ChatGPT 商业计划吗？

We are working on a new ChatGPT Business subscription for professionals who need more control of their data as well as enterprises seeking to manage their end users. ChatGPT Business will use our [API's data usage policies](#), which means that end user's data won't be used to train our models by default. We plan to make ChatGPT Business available in the coming months.

我们正在为需要更多控制数据的专业人士以及寻求管理最终用户的企业开发新的 ChatGPT Business 订阅。ChatGPT Business 将使用我们 API 的数据使用政策，这意味着默认情况下最终用户的数据不会用于训练我们的模型。我们计划在未来几个月内推出 ChatGPT Business。

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