```python
import pyttsx3 as p
import speech_recognition as sr
import openai

# Initialize text-to-speech engine
engine = p.init()
voices = engine.getProperty('voices')
engine.setProperty('voice', voices[0].id)

# Set up OpenAI API
openai.api_key =  "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"


# Function to interact with ChatGPT
def chat_with_model(prompt):
    response = openai.Completion.create(
        engine='text-davinci-003',
        prompt=prompt,
        max_tokens=50
    )
    return response.choices[0].text.strip()

# Function to convert text to speech
def speak(text):
    engine.say(text)
    engine.runAndWait()

# Initialize speech recognition
r = sr.Recognizer()

# Main loop for speech interaction
while True:
    print("I'm listening...")

    with sr.Microphone() as source:
        r.adjust_for_ambient_noise(source)
        audio = r.listen(source)

        try:
            instruction = r.recognize_google(audio)
            print("Instruction:", instruction)

            if instruction.lower() == "exit":
```

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        break

    response = chat_with_model("User: " + instruction)
    print("ChatGPT:", response)

    speak(response)

except sr.UnknownValueError:
    print("Sorry, I didn't catch that. Can you please repeat?")
except sr.RequestError as e:
    print("An error occurred. Please check your internet connection.")

# End of speech interaction

# Text-based interaction loop
user_input = input("User: ")

while user_input.lower() != 'exit':
    response = chat_with_model("User: " + user_input)
    print("ChatGPT: " + response)
    speak(response)
    user_input = input("User: ")
```

Sonam api key : "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"