FREE FIELD SHEET · Nº 181
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KEYWORD
RETENTION

AI CHAT PRIVACY CHECKLIST

What Gemini, ChatGPT and Claude actually log by default, and what to never paste in

CHECKS	DO FIRST	PARTS	COST
21	4	5	Free



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Google, OpenAI and Anthropic all keep copies of your chats longer than most people assume, and the rules change often. This one-page checklist tells you what each tool logs by default today, where to check your own settings, and what to never paste into any of them.

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TICK IT ON YOUR PHONE
youtube.hamzajameel.com/free/retention-181

PART 1 OF 5 — 4 CHECKS

What changed

Facts as reported by TechCrunch, 17 Nov 2026

- [ ] 1.1 DO FIRST

Google is extending Gemini chat retention from 72 hours to two months

TechCrunch reports this is up from the previous 72-hour window, a roughly 40x increase in how long chats are kept.

- [ ] 1.2 DO FIRST

The longer retention applies even when chat history is turned off

According to the report, turning off chat history in Gemini no longer limits storage to 72 hours; chats are still kept for up to two months.

- [ ] 1.3

The change is rolling out globally over the coming weeks

TechCrunch reports this is a phased global rollout, not an instant change everywhere at once, so your account may not show it yet.

- [ ] 1.4

The report does not state that Gemini chats are used for human review or model training during this period

Treat this as unconfirmed; the source covers retention length, not how the stored chats are used.

PART 2 OF 5 — 4 CHECKS

What this means for you right now

- [ ] 2.1 DO FIRST

Stop treating Gemini as a private scratchpad, even with history off

With the new default, a chat you think disappears after 72 hours can sit on Google's servers for up to two months regardless of your history setting.

- [ ] 2.2

Check your own Gemini chat history setting

Turning history off still changes what you see in your own account, even though it no longer limits server-side retention to 72 hours.

WHERE `Gemini app › Settings › Activity › Gemini Apps Activity`

☐ 2.3

Delete old Gemini chats you no longer need

Removing a chat from your activity log reduces what is visible and tied to your account, even if backend retention windows differ.

WHERE `Gemini app › Settings › Activity › Gemini Apps Activity › Delete`

☐ 2.4

Assume any AI chat tool may keep logs longer than the on-screen setting implies

Retention policies change without much notice; re-check settings periodically instead of assuming what you set once still applies.

PART 3 OF 5 — 6 CHECKS

Never paste this into any AI chat tool

Applies to Gemini, ChatGPT and Claude alike, regardless of history settings

☐ 3.1 DO FIRST

Client names paired with deal terms, pricing or contracts

This combination identifies a real client relationship and commercial terms that could be exposed if a chat is retained or reviewed.

☐ 3.2

Passwords, API keys, tokens or login credentials

Even a quick paste to 'debug' a script can leave a live credential sitting in a stored chat for weeks.

☐ 3.3

Unreleased financial figures, forecasts or internal reports

These are commercially sensitive and should not sit on a third-party server under a retention window you do not fully control.

☐ 3.4

Personal data of customers or employees, such as names with emails, addresses or ID numbers

This is the kind of data most privacy rules treat as sensitive; pasting it into a chat tool creates a copy outside your own systems.

☐ 3.5

Legal documents under NDA or attorney-client privilege

Sharing privileged material with an outside tool can undermine the confidentiality the privilege depends on.

☐ 3.6

Anything you would not want visible in a data breach or legal discovery request

Stored chats can be requested or exposed; use this as the simple test before pasting anything in.

PART 4 OF 5 — 4 CHECKS

Quick settings check, all three tools

☐ 4.1

Gemini: review and turn off Gemini Apps Activity if you do not want chats tied to your account history

This controls what you see in your own history; it does not shorten the two-month server retention described above.

WHERE `Gemini app › Settings › Activity › Gemini Apps Activity`

☐ 4.2

ChatGPT: check whether Chat History and Training is on or off

This setting controls whether your conversations are used to improve OpenAI's models and what appears in your history list.

WHERE `ChatGPT › Settings › Data Controls › Chat History & Training`

☐ 4.3

Claude: check your account's data retention and privacy settings

Review what Anthropic states about how long conversations are stored for your plan type before pasting sensitive text.

WHERE `Claude.ai › Settings › Privacy`

☐ 4.4

Re-check all three every few months

Retention and training policies have changed more than once in the last year; a setting you checked months ago may no longer mean what you think.

PART 5 OF 5 — 3 CHECKS

Safer prompt habits

☐ 5.1

Replace real names and numbers with placeholders before pasting text into any chat tool

Swap identifying details for generic stand-ins so the model gets structure and context without real client or personal data.

COPY THIS

```
Here is a [document type] with real names and figures replaced by placeholders like [Client A]
and [$X]. Please help me [task], and keep your answer generic so I can re-apply it to the real
version myself.
```

☐ 5.2

Ask the tool to summarize without repeating sensitive input back

Reduce how much sensitive text ends up duplicated in the model's response, which also gets stored as part of the chat.

COPY THIS

```
Summarize the key points below in plain language. Do not quote or repeat any names, numbers or exact phrases from the original text, only describe them in general terms.
```

☐ 5.3

Use a generic scenario instead of a real one when testing prompts

Build and test prompts on made-up data first, then apply the finished prompt yourself to the real, non-pasted version.

COPY THIS

```
Act as a [role]. Using a fictional example, show me how you would [task], for example a made-up company called [Fictional Co] with placeholder numbers.
```


WANT ME TO LOOK AT YOURS?

If you have gone through this and want a second pair of eyes, book a free call. We open the account together and look at what is actually happening. No deck, no pitch.

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SOURCES

1. https://techcrunch.com/2026/11/17/google-to-keep-gemini-chats-for-two-months-up-from-72-hours-even-with-history-off/