

5 things not to do with AI and what to do instead

— AT A GLANCE

	DON'T	DO THIS INSTEAD
1	Forward an answer without checking it	Open the source it used and read it yourself
2	Paste passwords, ID or card numbers	Swap them for placeholders like [CARD]
3	Send a second message to fix the first	Edit your first message and send it again
4	Leave training switched on	Switch it off, one setting per app
5	Curse at it	Say exactly what was wrong

— DON'T #4: THE TWO SWITCHES

ChatGPT

Open it in your browser, at chatgpt.com

Settings → **Data controls** → **Improve the model for everyone** → off

On the phone: sidebar → profile icon → Data controls.

Your new chats stop being used for training. Old chats stay in your history.

Two catches. A thumbs up or down sends that whole conversation for training on both apps, even with the switch off. And for a chat you don't want kept at all, open a **Temporary chat** in ChatGPT or an **Incognito chat** in Claude.

Claude

Open it in the desktop app

Settings → **Privacy** → **Help improve our AI models** → off

Same path on the phone.

1

— DON'T #1

Forward it unchecked

Both companies say it in their own help pages: the model can be wrong and still sound sure. Anthropic puts it plainly: "Users should not rely on Claude as a singular source of truth." Before you send an answer on, click the source and find the sentence it came from. No source at all? Treat the answer as unchecked.

2

— DON'T #2

Paste anything sensitive

Passwords, national ID, passport, bank account and card numbers. **Anything you paste sits in the context window for the rest of the chat:** the model re-reads it with every reply, can repeat it back, and it travels with the chat if you share the link. Deleting the chat doesn't erase it straight away either. OpenAI and Anthropic both keep deleted chats for up to 30 days, and longer if a chat is flagged for safety or the law requires it. Need help with a document that holds these? Replace them with [NAME], [ID], [CARD] first.

3

— DON'T #3

Resend to fix it

Hover over your message, click the pencil, fix the instructions, send. The bad answer drops out of the conversation instead of sitting in it. Every new message makes the model re-read the whole chat, so a shorter one uses fewer tokens, and Anthropic's own docs note that accuracy drops as a conversation grows.

5

— DON'T #5

Curse at it

An insult gives the model nothing to work with. Tell it what was wrong: "too long, cut it to three lines" or "the figure in paragraph two is wrong".

On Claude it can cost you more than the chat. Claude can already end conversations with users who stay abusive. From **November 12, 2026**, Anthropic's [Usage Policy](#) bans "sustained and needless abusive or cruel behavior" toward its models, and breaking that policy can get your account suspended or banned.

Check the source · No sensitive info · Edit, don't resend · Turn off training · Don't curse at it