Exporting ChatGPT Data and Using it in Gemini and CoPilot

Introduction

This guide outlines the official process for exporting your conversation history from ChatGPT. It also explains the current methods for using that data within Google Gemini and Microsoft CoPilot.

Important Note: Neither Gemini nor CoPilot currently offers a direct "import" feature for ChatGPT conversation files. You cannot upload your chat history and have it appear as interactive, editable chats in the other platforms. The methods below are workarounds for providing your past conversations as *context* for new chats.

Part 1: How to Export Your Data from ChatGPT

You can export your complete chat history and account data from ChatGPT using their "Export data" feature.

1. Log into ChatGPT.
2. Click your **name** on the bottom-left corner.
3. Select **"Settings"** from the menu.
4. In the Settings window, select **Data controls**.
5. Click the **Export data** button.
6. A confirmation message appears; click **Confirm export**.
7. OpenAI will send an email with a link to download your data; this email may take several hours to arrive, and the link expires after 24 hours.
8. Click the download link in the email. This will save a .zip file to your computer.
9. Unzip the file. This zip contains several files, but the most important one for review is **chat.html**. This file opens in any web browser and displays all your conversations in a clean, readable format.

Part 2: How to "Import" and Use Your Data in Google Gemini

As stated, you cannot import the .zip or .json file directly. The best method is to manually copy and paste text from your exported chat.html file to provide context.

Method 1: Continue a Conversation (Manual Copy/Paste)

This is the most common and effective method.

1. Open the **chat.html** file from your ChatGPT export in a web browser.
2. Find the specific conversation you want to continue or reference.
3. Highlight and copy the text of the conversation (Ctrl+C on Windows or Command-C on Mac).
4. Open **Gemini** (gemini.google.com).
5. In a new chat, paste the text (Ctrl+V on Windows or Command-V on Mac).
6. Add a clear instruction at the beginning of your prompt, for example:
    o "Please use the following conversation as context:"
    o "Based on this chat history, what would be the next logical step?"
    o "Summarize this conversation for me."

Method 2: Upload Files for Analysis

If your goal is to have Gemini analyze the *content* of your chats (not continue them), you can upload the exported files.

1. In Gemini, click the **Upload File** (the paperclip icon).
2. You can upload your chat.html file or other exported files (like .json).
3. Ask Gemini a question about the file, such as:
    o "Summarize the main topics from this chat.html file."
    o "Analyze the conversations.json file and tell me my most common topics."

Part 3: How to "Import" and Use Your Data in Microsoft CoPilot

The process for CoPilot is very similar to Gemini. It does not have a direct import feature for chat histories.

Method 1: Continue a Conversation (Manual Copy/Paste)

1. Open the **chat.html** file from your ChatGPT export.
2. Copy the text of the conversation you want to use.
3. Open **Microsoft CoPilot** (copilot.microsoft.com).
4. Paste the text into a new chat.
5. Add a clear instruction at the beginning, such as "Please use this conversation for context:"

Method 2: Upload Files for Analysis

1. In CoPilot, click **Add a file** (the paperclip icon) in the chat box.
2. Upload your **chat.html** file.
3. Ask a question about the file's content, such as "What are the key takeaways from this document?"

Method 3: Use CoPilot in the Edge Browser (for `chat.html`)

If you use the CoPilot sidebar within the Microsoft Edge browser, you can have it "read" the page.

1. Open your **chat.html** file in an Edge browser tab.
2. Open the **CoPilot sidebar** (the "C" icon on the top-right).
3. Ensure the sidebar is set to "Page" context (it may ask for permission to read the page).
4. Ask CoPilot a question, such as "Summarize this conversation for me" or "What was I discussing in this chat?"