

OpenAI Dreaming V3: ChatGPT Now Builds and Updates Its Own Memory of You

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ChatGPT Now Builds and Updates Its Own Memory of You

OpenAI's Dreaming V3 synthesizes your profile from past chats

- 82.8%**
Recall of personal facts in OpenAI's own tests
- 5x**
Less compute to serve, now reaching free users
- Auto**
Memory updates itself, no "remember this" needed

Memory that writes and revises itself across years of chats

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ToKnow.ai

OpenAI started rolling out [Dreaming V3](#) on June 4, 2026, a rebuilt ChatGPT memory system that decides what to remember on its own. The [older system](#) was a notepad: it only kept facts you explicitly told it to save, and those went stale fast. Dreaming V3 runs a background process that reads across your past chats, writes its own summary of who you are, and keeps it current. It tracks time too, so a note like “you’re going to Singapore in July” rewrites itself to

“you went to Singapore in July 2026” once the trip passes. In OpenAI’s internal tests, recall of personal facts reached 82.8%. It is live for Plus and Pro users in the US, with free users next.

For heavy users, this ends the constant re-introductions: tell it once that you are vegetarian, and later meal-plan requests come back matched to that. The flip side is privacy. The synthesized memory sits in a separate layer injected into every new chat, so deleting a conversation does not erase what the model already learned. Removing a detail means clearing both the memory entry and the original chat.

The technical side of memory now looks largely solved; control is the harder part. Persistent user profiles [draw regulatory scrutiny](#): GDPR treats them as profiling that needs consent and a right to erasure, and the EU AI Act’s chatbot transparency rules take effect on August 2, 2026. The bottleneck is shifting from what the technology can do to what regulators allow.

Read More: [why bigger context windows don’t stop AI agents from forgetting](#).

Sources:

- [Dreaming: Better memory for a more helpful ChatGPT \(OpenAI\)](#)
- [Memory and new controls for ChatGPT \(OpenAI\)](#)
- [Memory FAQ \(OpenAI Help Center\)](#)
- [ChatGPT Memory Dreaming Update analysis \(Tech Times\)](#)

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