

ChatGPT Without the Jitters

chatgpt.com



Creating a Free ChatGPT Account

What You Need Before You Start

- ✓ An email address you can open right now
- ✓ Your phone nearby (for a one-time code)
- ✓ A password you can remember or write down.

OPTION 1: Create an Account on a Computer in a Web Browser

Step 1: Go to the Website:

- Open a browser
- In the address bar type: **chatgpt.com**
- You will see a **Sign up for Free** option in upper right corner

Step 2: Start Sign Up

- Click **Sign up for Free**

Step 3: Choose **How** to Sign Up (Choose ONE)

- Continue with Google
- Continue with Apple
- Continue with Microsoft
- Continue with phone
OR
- Continue with Email
- Click Continue

Note: Using Google, Apple or Microsoft are the easiest if you already have one of those accounts and are signed in.

Step 4: Verify Your Account

If using email:

- Verify your email address
- Create a password at least 12 characters
- Open your email inbox
- Look for an email from **OpenAI** with a 6 digit code
- Enter the code on the ChatGPT website page
- Enter your name (can be fake)
- Enter a birthdate (can be fake but make it over 18)

Step 5: Phone Verification (If asked)

- Enter your phone number
- Type the code sent to your phone

✓ You're done!

OPTION 2: Create an Account on a Phone or iPad

Recommended: Use the Official App - **OpenAI**



Step 1: Install the App

- Open the App Store (iPhone/iPad) or Google Play (Android)
- Search for ChatGPT with the ChatGPT icon shown above (there are many that resemble it)
- Install the app by **OpenAI**
- Open the app

Step 2: Sign Up

- Tap Sign up
- Choose Email, Google, or Apple
- Verify email and phone (same steps as above)

✓ You're ready to use ChatGPT!

Once logged in, You may be asked a few questions answer or skip as desired.



Safety Tip

 Do **NOT** upload passwords, Social Security numbers, bank information or other sensitive personal details.

If I made an account, I created it using:

- ☐ My Google account
- ☐ My Apple account
- ☐ My Microsoft account
- ☐ My mobile Phone number

My email: _____

Password: _____

Once you have an account, you can login from any device or on the web using your account details.

Have fun!

Free Account

Your own ChatGPT account you set up with Apple, Google, email or phone. Can login via web or use the ChatGPT app.

Pros

- Saves your chat history
- Includes most everyday features like web search, voice support, images and basic uploads
- You can organize your chats

Cons

- Still some limits on how much you can use per time period
- Responses may be slower during peak hours
- Ads

Paid Account (ChatGPT Go!)

A subscription plan - \$8 per month that upgrades your experience. Can login via web or use the ChatGPT app.

Pros

- Faster responses — less waiting
- You can ask more questions and stay in longer chats
- Expanded tools — better image creation, research, uploads, and custom assistants

Cons

- Monthly cost — worth it mostly for enthusiasts or heavy users
- Some features are advanced and may not matter for casual use
- Ads