

M A V E R I C K A I

CHATGPT CAN NOW READ AND SEND YOUR TEXTS

THE APPLE MESSAGES PLUGIN

Set it up in about two minutes, then use the 20 prompts in here to clear the backlog, find the thing you know somebody texted you, and get an honest look at who you actually talk to.

The full setup, click by click

20 copy and paste prompts, sorted by job

The catch-up prompts for a 200 message group chat

How to find anything buried in years of messages

The one setting you should never turn off

What it sends to OpenAI and what it does not

The group chat problem nobody is talking about

2026 Edition

What Actually Just Happened

On 20 August 2026, OpenAI released an Apple Messages plugin for ChatGPT. It is a bigger deal than the announcement made it sound, because it is the first time ChatGPT has been handed the keys to something as personal as your text messages.

It can read your conversations, search back through years of them, sort and analyse them, draft replies, delete things, and send messages as you. It works across iMessage, SMS and RCS, so the green bubbles are included.

Why this one is different

Most AI integrations are read-only. You connect a thing, the AI looks at it, you get a summary. This one **acts**. It writes messages and sends them to real people under your name. That is a genuinely different level of trust, and it is why most of this guide is about control rather than clever tricks.

What it does not do

It does not run on a schedule, it does not watch your messages in the background, and it does not do anything until you ask it to in a chat. There is no always-on assistant sitting inside Messages. You open ChatGPT, you ask, it goes and looks. That is worth knowing, because a lot of the panic online has assumed the opposite.

WHAT IT CAN DO, IN ONE LIST

Search every message you have ever sent or received. Summarise a conversation or a whole group chat. Draft a reply in your own style. Send messages after you approve them. Delete messages. Clear out spam. And analyse the whole archive to tell you who you actually talk to and what you talk about.

Can You Actually Use It?

Before you get excited, check this list, because a lot of people are going to be disappointed and I would rather it was on this page than after ten minutes of hunting through settings.

Requirement	The honest answer
A Mac	Yes. Required. This is Mac only.
Apple silicon	Yes. M1 or newer. Intel Macs cannot run it.
The desktop app	Yes. It does not work in the browser.
An iPhone	No. There is no iPhone version yet.
A paid plan	No. It is on every plan, including free.
Full Disk Access	Yes. macOS will ask you for it.

It works inside regular ChatGPT, inside ChatGPT Work and inside Codex, with the fullest version of it in Work and Codex.

HEADS UP

If you do all your messaging on your iPhone and only occasionally open your Mac, this is going to feel underwhelming. The phone version is the one everybody actually wants and it does not exist yet.

If you cannot use it, read this bit

Most people reading this are on Windows, or on an iPhone with no Mac, or on an older Intel machine. You are not locked out of the idea, only out of the automation. Almost every prompt in this guide still works if you paste the messages in by hand.

On an iPhone, open the conversation, press and hold a message, choose Select, tick the ones you want, and copy. Then paste that into ChatGPT with any prompt from the chapters ahead. It is more effort, but the answer you get back is exactly the same one.

TIP

The copy and paste route is genuinely fine for the catch-up and the drafting prompts, which are the two you will use most. It is only the search-my-whole-history prompts that really need the plugin.

The Setup, Click by Click

This takes about two minutes. Do it on the Mac that has your messages on it, not a work machine you barely use.

STEP 1: Open the ChatGPT desktop app

Not the website. The actual app on your Mac. If you have never installed it, get it from chatgpt.com/download first and sign in.

STEP 2: Go to Plugins

In the left hand sidebar, find Plugins. Search for Messages and you will see the Apple Messages plugin listed.

STEP 3: Enable it

Turn it on. You can also jump straight to it with this direct link, which saves the hunting:

chatgpt.com/plugins/share/messages@openai-bundled

STEP 4: Give macOS the permission it asks for

Your Mac will ask for Full Disk Access, and possibly Accessibility permissions too. That is because the plugin reads the Messages database that already lives on your computer. You will be sent to System Settings to tick a box, then back again.

STEP 5: Test it with something harmless

Do not start by asking it to text your boss. Start with a search, so you can see how it behaves before it can do any damage.

YOUR FIRST TEST PROMPT

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Search my messages and tell me the last five
people I texted, and roughly what each
conversation was about. Do not send
anything, just tell me.
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DO THIS NOW

Run that test prompt before anything else. It confirms the permissions actually took, and it shows you how the plugin reports back, all without touching a single outgoing message.

Catching Up on the Backlog

This is the use case that pays for the setup on day one. Everybody has a group chat they gave up on and a few conversations they have been quietly avoiding.

The 200 message group chat

GROUP CHAT CATCH UP

Catch me up on the group chat called [NAME]. Summarise what has been discussed since I last replied. Tell me if anything was actually decided, if anyone asked me a direct question, and if there is a date or a plan I need to know about. Keep it short.

Everything you have not replied to

THE GUILT LIST

Go through my messages and find every conversation where the other person sent the last message and I never replied. List them oldest first, with who it was, how long ago, and one line on what they said. Do not reply to any of them yet.

What needs you today

TRIAGE

Look at everything from the last seven days. Sort it into three lists: needs a reply from me today, can wait until the weekend, and needs nothing. Explain the today list in one line each.

TIP

Add the words 'do not reply to anything, just show me' to the end of any of these. It costs you nothing and it means a misread instruction cannot turn into a sent message.

Finding the Thing You Know Is In There

This is the one I use most and it is the one people underestimate. You know somebody sent you the address, the code, the name of the restaurant. You just cannot find it. Scrolling is hopeless. Searching only works if you remember the exact word.

THE VAGUE SEARCH

Somebody texted me an address for a place we were meeting, I think in the last two months, but I cannot remember who. Find it and tell me who sent it and when.

FIND EVERY CODE AND LINK

Find every discount code, booking reference, confirmation number and tracking link anyone has ever texted me. List them with the company, the code, and the date I got it. Flag anything that looks like it has expired.

THE DECISION TRAIL

Find every message between me and [NAME] about [TOPIC], across the whole history. Put them in order and tell me what we actually agreed, and what was left open.

WHY THIS BEATS NORMAL SEARCH

Apple's search matches words. This matches meaning. You can describe the thing badly, the way you would to a friend, and still find it. That is the whole difference.

Drafting Replies That Sound Like You

The default output will sound like a customer service email. That is the thing to fix first, and it is fixable, because it has hundreds of examples of how you actually write sitting right there.

TEACH IT YOUR VOICE FIRST

Read the last 200 messages I have sent.
Work out how I actually write: how long
my sentences are, whether I use full
punctuation, whether I use emojis, how I
open and close a message. Write it down
as a set of rules, then use those rules
for every draft you write me from now on.

Run that once, at the start. Everything after it comes out noticeably more like you and less like a press release.

THE AWKWARD ONE

Draft a reply to [NAME] saying no to
[THING], in my voice. Warm, short, no
long excuse, and do not offer an
alternative I have not agreed to. Show
me three versions and let me pick.

THE CHASE

Draft a message chasing [NAME] about
[THING] that I have already asked about
twice. Friendly, not passive aggressive,
and it should be easy for them to answer
with one line.

TIP

Always ask for three versions. One will be too formal, one will be too casual, and the third is usually nearly right. Picking is faster than editing.

The Clean Up

Most people's Messages app is a landfill. This is the quickest visible win in the whole guide.

SPAM SWEEP

Find every message that looks like spam,
a scam, or an automated marketing text.
Group them by type and show me the list
before you delete anything.

THE SCAM CHECK

Look at the unknown numbers that have
texted me in the last six months. Tell me
which ones look like scams and exactly
what gives each one away, so I know what
to look for myself next time.

HEADS UP

Never let it delete in the same breath as it finds. Always ask to see the list first. Deleted messages are gone, and a false positive on a real conversation is not something you can undo.

The One Nobody Expects

This is the prompt that made me sit back a bit. It is not useful in the way the others are useful. It is just genuinely revealing, and some people are not going to enjoy the answer.

WHO DO I ACTUALLY TALK TO

Look at my whole message history and tell me the truth. Who do I talk to most, and has that changed over the last two years? Who used to be in my daily life and has quietly dropped out of it? Who messages me far more than I message them back? Be honest, not kind.

You get a genuinely accurate picture of your own life, built from something you were never keeping track of. People have found friendships they had let go without noticing, and a few have found the opposite.

THE FOLLOW UP

Based on that, who are the three people I should message this week, and what should I say to each of them? Draft all three.

TIP

Do this one on a Sunday with a coffee rather than in the middle of a work day. It is more of a thing than it sounds like on paper.

The Privacy Part, Honestly

This section matters more than the prompts. Read it before you leave the plugin switched on.

What is actually reassuring

Concern	The reality
Is it uploading my messages?	No. It runs locally on your Mac.
Is it building an index?	No. OpenAI say there is no full index.
Does OpenAI keep the content?	Not unless you save that chat yourself.
How does it read them?	Through the Messages database already on your Mac.

What is genuinely worth worrying about

1. The approval setting

By default it asks you to approve every message before it goes out. There is an option to switch that off.

Do not switch it off. OpenAI say so in their own documentation, and they have also admitted that certain tasks can turn the prompt off by themselves. That approval screen is the only thing standing between you and an AI sending something you would have to explain in person.

2. The group chat problem

This is the one almost nobody is mentioning. When you turn this on, it is not only your messages that are in scope. Every group you are in comes with it, and the other people in those groups never agreed to anything. A lot of them picked texting precisely because they thought it was the private option.

3. Work machines

If your Mac is managed by an employer, or your personal and work conversations live on the same machine, think carefully. There is no clear guidance yet on how this behaves in a managed environment.

HEADS UP

None of this means do not use it. It means point it at the boring jobs first, keep approvals on, and do not go rummaging through a group chat on behalf of an AI just because you can.

Common Mistakes

Turning off approvals on day one

The single worst thing you can do. The convenience is small and the downside is a message you cannot unsend.

Skipping the voice training prompt

Without it, every draft reads like a corporate email and you end up rewriting all of them, which defeats the point entirely.

Letting it delete before you have seen the list

Spam detection is good, not perfect. One wrong call and a real conversation is gone permanently.

Using vague names

If you have three people called Dave in your phone, say which one. Give it the full name as it appears in your contacts.

Expecting it on your phone

It is Mac only. If you are reading this on an iPhone hoping to set it up now, you cannot yet.

Forgetting it can see everything

Every conversation on that Mac is in scope, including ones you had forgotten about. Have a quick think about that before you point it at your entire history.

The Quick Reference

Save this page. These are the shortest versions of everything above, for when you cannot be bothered to find the guide again.

When you want to	Say this
Catch up on a group chat	Catch me up on [NAME], what was decided and what needs me
Find your unanswered messages	Find every chat where they sent the last message and I never replied
Find something vague	Somebody texted me [THING] around [WHEN], find it and tell me who
Collect codes and bookings	Find every discount code and booking reference anyone has texted me
Sound like yourself	Read my last 200 sent messages and write down how I actually write
Say no politely	Draft three versions of a no to [NAME] about [THING], in my voice
Clear the junk	Find everything that looks like spam and show me the list first
See the truth	Who do I talk to most, who has dropped out of my life, be honest

YOUR TEN MINUTES THIS WEEK

Install it. Run the voice training prompt once. Then run the unanswered messages prompt and reply to the oldest three. That is the whole thing, and it is the bit that actually changes something.

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Keep the approvals on. Let it do the boring half.