

# 7 two-minute tech fixes

From Help with Alethea · [helpwithalethea.pages.dev](https://helpwithalethea.pages.dev) · Steps from Apple, Microsoft, Valve and OpenAI support pages, checked Oct 24, 2026. AI-assisted; not hands-on tested on every device. Back up before changing system settings.

## 1. Reset AirPods 1–3, Pro 1 or Pro 2

- 1 Put AirPods in the case, close the lid, wait 30 seconds.
- 2 iPhone/iPad: Settings > Bluetooth > More Info next to your AirPods > Forget This Device.
- 3 Open the lid. Hold the setup button on the back of the case about 15 seconds.
- 4 When the light flashes amber, then white, follow the on-screen steps to reconnect.

## 2. Reset AirPods 4, AirPods 5 or AirPods Pro 3

- 1 Same first steps: case closed 30 seconds, Forget This Device, open the lid.
- 2 Double-tap the front of the case while the light is on; again when it flashes white; a third time when it flashes faster.
- 3 When the light flashes amber, then white, reconnect.

## 3. Record a game clip on Windows (free)

- 1 Settings > Gaming > Xbox Game Bar: make sure it's on.
- 2 In your game, press **Windows + Alt + R** to start and stop recording (Windows + Alt + M toggles the mic).
- 3 Clips save as MP4 in **Videos > Captures**.
- 4 For all sounds in the clip: Windows + G > Settings > Capturing > choose the option that includes all audio.

## 4. Steam game crashes or won't start: verify files

- 1 Library > right-click the game > Properties.
- 2 Installed Files > Verify integrity of game files.
- 3 '1 file failed to verify' is usually a local config file and is normally safe to ignore.

## 5. Steam download stuck: clear the download cache

- 1 Steam > Settings > Downloads > Clear Cache > Confirm (Mac: Steam > Preferences).
- 2 Steam restarts; sign in again. Installed games stay installed.

## 6. Steam updates failing: repair folder or switch region

- 1 Steam > Settings > Storage > '...' menu > Repair Folder.
- 2 Steam > Settings > Downloads > Download Region: try a nearby region.
- 3 Don't uninstall Steam: that deletes installed games.

## 7. Stop ChatGPT training on your chats

- 1 Web: profile icon > Settings > Data controls > turn off 'Improve the model for everyone'.
- 2 Phone: sidebar > profile icon > Data controls > turn it off.
- 3 Your history stays. Thumbs up/down feedback can still be used. Temporary Chat isn't saved to history or used for training.

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