



# MEET THE MODELS

Who's who after this week's releases, when to reach for each one, and how to use the thinking dial (the setting most people never touch).

## THE LINEUP

What's in the model picker as of September 23, 2026

| MODEL                                                                                                                                                   | THINK OF IT AS                    | REACH FOR IT WHEN                                                                                                                                                                                                                                                    | THINKING DIAL                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <div> <div>CLAUDE</div> <div>by Anthropic</div> </div>                                                                                                  |                                   |                                                                                                                                                                                                                                                                      |                                                             |
| <div>Opus 5.5</div> <div>NEW 9/22</div> <div>Your default for serious work</div>                                                                        | <i>The senior analyst</i>         | Long documents, careful reasoning, and anything where a number or a clause has to be right. Delivers Fable level results at a lower cost (so start here).<br><b>Karney:</b> abstract a 60 page lease, compare a renewal to the original, check a CAM reconciliation. | <div>Default: Medium</div> Always thinks. You set how hard. |
| <div>Fable 5.1</div> <div>Mythos tier, the top of the line</div>                                                                                        | <i>The specialist you call in</i> | The rare problem Opus 5.5 can't crack, or the highest stakes analysis where you want every ounce of reasoning (slower, and it uses more of your allowance).                                                                                                          | Always thinks                                               |
| <div>Sonnet 5</div> <div>Sonnet 5.5 arrives in the coming weeks</div>                                                                                   | <i>The everyday workhorse</i>     | Fast, strong drafting, summaries, spreadsheets and most daily work.<br><b>Karney:</b> turn meeting notes into a tenant update.                                                                                                                                       | Adjustable                                                  |
| <div>Haiku 4.5</div>                                                                                                                                    | <i>The quick assistant</i>        | Simple, fast jobs: rewrite an email, clean up a list, answer a quick question.                                                                                                                                                                                       | Light                                                       |
| <div> <div>CHATGPT</div> <div>by OpenAI</div> </div>                                                                                                    |                                   |                                                                                                                                                                                                                                                                      |                                                             |
| <div>GPT-6 Astra</div> <div>NEW 9/3</div> <div>Labeled "GPT-6 Pro" on Pro, Business and Enterprise plans</div>                                          | <i>The flagship</i>               | Complete, multistep projects across research, documents, spreadsheets and slides. OpenAI's most capable model.<br><b>Karney:</b> research a submarket and build the deck from it.                                                                                    | Adjustable                                                  |
| <div>GPT-6 Sol</div> <div>NEW 9/22</div>                                                                                                                | <i>The problem solver</i>         | Ambiguous, difficult, high value tasks and longer jobs in ChatGPT Work (the mode that turns a goal into finished work).                                                                                                                                              | Default: Medium                                             |
| <div>GPT-6 Luna</div> <div>NEW 9/22</div> <div>Also on Free and Go plans</div>                                                                          | <i>The efficient sprinter</i>     | Focused, high volume tasks when you already know what a good result looks like.<br><b>Karney:</b> reformat 40 unit descriptions the same way.                                                                                                                        | Default: High                                               |
| <div> <div>RETIRING</div> <div>GPT-5.5 leaves ChatGPT on October 14, 2026. If a saved workflow still points to it, switch it to GPT-6 Sol.</div> </div> |                                   |                                                                                                                                                                                                                                                                      |                                                             |

THE THINKING DIAL

Same idea in both tools: more thinking means better answers and slower replies.

LOW

Quick lookups, a one line rewrite

MEDIUM

Everyday drafting and summaries (the sweet spot)

HIGH

Comparing documents, analyzing a spreadsheet

EXTRA HIGH

Complex, many step problems

MAX

When it has to be right, not fast

ULTRA

Splits a big job across helpers working in parallel

CLAUDE

Opus 5.5

n/a

CHATGPT

Sol

Luna

some plans

Rule of thumb:

leave it on the default. Turn it up when the answer has to be right, not just fast. Higher settings take longer and use more of your plan's limit.

WHAT ABOUT COPILOT?

Copilot doesn't build its own brain. It runs on models from **OpenAI (the ChatGPT family)** and **Anthropic (the Claude family)**, and Microsoft picks one for you unless you choose.

Your Copilot picker shows:
 

Auto

Quick response

Think deeper

Claude

New this week:

Claude Opus 5.5 and GPT-6 Sol are rolling out across Copilot Chat, Word, Excel, PowerPoint, Cowork and Copilot Studio.

Think deeper

is Copilot's version of turning up the dial.

Availability depends on license and region, so your screen may catch up in a few days.