AIFreeForever

The Paragraph to Lines Guide for 2026

Splitting a paragraph into lines turns one block of text into pieces you can sort, paste and check one at a time. This guide covers the four split modes, a delimiter cheat sheet, spreadsheet tips and a page to plan your own split.

The four split modes

Mode	Use it for
Sentence	Prose, notes and articles: one sentence per line
Period	Text that uses periods as separators
Comma	Keyword lists, tags and inline lists
Custom	Exports and data with ;
-- or any word	

Delimiter cheat sheet

Delimiter	Where you meet it
; (semicolon)	CSV-style data with commas inside values
(pipe)	Tables and exports from older systems
-- (double dash)	Notes and prose separators
(HTML tag)	Text copied from web pages

Spreadsheet tips

1. **Trim whitespace.** Keeps leading spaces out of cells.
2. **Remove empty lines.** Avoids blank rows between your data.
3. **Paste in the first cell.** Each line lands in its own row.
4. **Number the lines.** Handy for a list you will discuss or check off.

Why one item per line

RFC 4180, the memo that documents the CSV format, puts each record on its own line. One item per line is the shape spreadsheets and data tools read, so a split paragraph is ready for a column.

Plan your split

Note what you are splitting and how, then run it on AIFreeForever.

The text you are splitting and where it came from

The split mode or delimiter

Trim, empty lines and numbering

Where the lines go next (sheet, list, script)

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