M A V E R I C K A I

5 SECRET PRIVACY CODES FOR CHATGPT

PLUS 200 MORE PRIVACY CODES

Type one short code into ChatGPT and it shows you what strangers can find about you, who's selling your address and phone number, and how to make them delete it. The 5 from my video are up top, then 200 more for every part of your privacy.

The 5 codes from my video, with exactly what to type

200 more for data brokers, deleting your data, your apps, your phone, passwords, scams, identity theft, social media, your home, AI, family and travel

One copy-paste setup so ChatGPT knows every code

Works on any ChatGPT plan, including free

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The 5 Codes From My Video

Open a new chat in ChatGPT, type the code with what it needs (your name and city, a company, an app or the message you got) and hit enter. That's the whole trick. Then keep going in the same chat: "now do the next site", "make the request shorter", "I'm on an iPhone."

CODE	WHAT IT DOES
`/exposed`	Shows you everything a stranger can find about you online **Try:** /exposed [YOUR FULL NAME], [YOUR CITY]
`/databroker`	Lists every site that's most likely selling your address and phone number, with the opt-out link for each one **Try:** /databroker [YOUR FULL NAME], [YOUR CITY]
`/optout`	Writes the official request that makes a company delete everything they have on you **Try:** /optout Spokeo (or any company)
`/lockdown`	Walks you through every privacy setting you should turn off in any app **Try:** /lockdown Instagram (or any app)
`/scam`	Tells you if a text, email or link is a scam before you click on it **Try:** Type /scam, then paste the text, email or link

BEFORE YOU START

Any ChatGPT plan works, including free. Use your real name and city for /exposed and /databroker, so it finds what's really out there. The codes write every request and walk you through every setting, and you hit send and flip each switch yourself. Never paste a password, card number or your Social Security number into the chat.

HEADS UP

For /scam, paste the message. Never tap the link to check it. If it says scam, delete it and block the sender. Already tapped the link or paid? Type **/gotscammed** and call your bank right away.

TIP

Stack them in one evening: /exposed to see what's out there, /databroker for who's selling it, /optout for each site on the list, then /lockdown for every app on your phone. You'll be way harder to find.

Teach ChatGPT Every Code

The codes work on their own, because ChatGPT reads the name and works out what you want. Do this once and it gets every one right every time, writes your requests under the right law for where you live and gives you the steps for your phone.

STEP 1: Copy the setup prompt and fill in the [CAPS] bits (or delete them)

SETUP PROMPT | COPY & PASTE

```
I use privacy codes. When my message starts with a code, like /exposed or /scam, treat it as a shortcut and do it right away with what I type or paste. Codes aren't case sensitive and the slash is optional. If I use a code that isn't on this list, work out what I want from its name. Don't explain the code back to me.

My five main codes:
/exposed with my full name and city: search the web and show me everything a stranger can find about me online: people-search listings, my address, phone number and email, photos, social accounts, old usernames and public records, with a link to each one. Put the most exposed things first.
/databroker with my name and city: list every people-search site and data broker that's most likely selling my address and phone number, with the opt-out link for each one.
/optout with a company's name: write the official request that makes them delete everything they have on me, under the strongest privacy law where I live, and tell me exactly where to send it and how long they have to answer.
/lockdown with an app's name: walk me through every privacy setting I should turn off in that app, in order, with the exact taps.
/scam with a text, email or link I paste: tell me if it's a scam before I click on it, show me the red flags and tell me exactly what to do next.

For any code: give me real, specific answers with links, and the exact steps to fix things. For requests and letters, fill in my details and leave [BRACKETS] for anything missing. Never ask for my passwords, card numbers or Social Security number. Only ask me a question if you can't do it without the answer.

About me (skip anything you'd rather not share): where I live [YOUR STATE OR COUNTRY], my phone [IPHONE OR ANDROID].
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STEP 2: Paste it into your custom instructions

In ChatGPT, open **Settings**, then **Personalization**. Under **Custom instructions**, edit the **ChatGPT** instructions (not Codex), paste the prompt in and save. Already have instructions there? Add it underneath.

STEP 3: Test it

Start a new chat and type something like **/lockdown Instagram**. If it starts walking you through Instagram's settings, you're set. Don't want it saved? Paste the prompt at the top of any chat and the codes work in that chat.

200 More Privacy Codes

Same idea: type the code, then your details or paste what it needs (a company, an app, a message). Looking for one you saw in a video? Press Ctrl+F (Cmd+F on a Mac) and type it in. None of these are magic words: ChatGPT reads the code and works out what you want, so you can make up your own the same way.

Find What's Out There

/googleme	Searches your name the way a stranger would and shows you what comes up	**/photosofme**	Finds where photos of you are posted online, and how to get them taken down
/myaddress	Checks which sites show your home address	**/mynumber**	Checks which sites show your phone number
/myemail	Checks where your email address shows up online	**/breached**	Walks you through checking your email for data breaches, then what to change first
/usernames	Finds your old usernames and the accounts still tied to them	**/oldaccounts**	Finds old accounts you forgot about so you can delete them
/workinfo	Shows what strangers can see about your job: LinkedIn, company pages, bios	**/homephotos**	Checks if photos of your house are public, and how to blur them on map apps
/courtrecords	Finds public court and property records with your name, and what you can do	**/whoisthis**	Paste a number or email that contacted you and see what is public about it
/privacyscore	Rates how exposed you are from 1 to 10, with the 3 fixes that matter most	**/monthlycheck**	A 10-minute monthly check of what's new about you online

Data Brokers & People Search

Start with /databroker, then use these in the same chat. Most sites email you a link to confirm your removal, so set up /burneremail first and your real inbox stays out of it.

/brokerlist	The full list of people-search sites to check, for where you live	**/topbrokers**	The 10 sites to remove yourself from first, and why those ones
/optoutlinks	The opt-out link for every site that has you	**/removeme**	Step-by-step removal for one site (type its name)
/relisted	Checks if you've popped back up on sites you already left	**/brokertracker**	A tracker for every site: when you asked, when it was gone, when to recheck
/burneremail	Sets up a separate email just for opt-out requests	**/whosells**	Explains how your data ends up on these sites in the first place
/parentbrokers	Shows which sites share an owner, so one request can cover several	**/paidremoval**	Paid removal services vs doing it yourself, so you know if it is worth it
/verifyremoval	Checks a listing is really gone after a site says it removed you	**/brokeremail**	The email to send a site that ignores your opt-out
/brokerappeal	What to do when a site refuses to remove you	**/backgroundcheck**	Shows what a background check on you would turn up, before a landlord or boss sees it

Delete & Opt Out

These write the request for you. You send it yourself, through the company's privacy form or email. Under most US state privacy laws, a company has 45 days to answer.

`/deleteme`	Writes the request to delete your data from any company (type the company)	`/whatdoyouhave`	Writes the request for a copy of everything a company has on you
`/donotsell`	Writes the "do not sell or share my data" request for any company	`/stopmarketing`	Gets you off a company's marketing lists for good
`/statelaw`	Your state's privacy law and the rights it gives you, in plain words	`/junkmail`	Stops junk mail and pre-approved credit card offers at your mailbox
`/appdata`	How to download, then delete, the data an app keeps on you	`/cookies`	Rejects cookies the right way and clears the ones already tracking you
`/deletepost`	How to get an old post, photo or article about you taken down	`/googleremove`	Asks Google to remove results that show your phone, address or email
`/followup`	The follow-up when a company misses its deadline to answer you	`/complaint`	Writes the complaint to your state attorney general when a company ignores you
`/afterdeath`	Closes a loved one's accounts and stops their data from being sold	`/gdpr`	In Europe or the UK: the right request under GDPR, with its one-month deadline

Lock Down Your Apps

Same as /lockdown: type the code and it walks you through one setting at a time. Say "next" to keep going.

`/appaudit`	Goes through the apps on your phone and tells you which ones to delete	`/permissions`	The app permissions to turn off: location, mic, camera, contacts
`/locationoff`	Every app that tracks your location, and how to turn it off	`/micandcamera`	Which apps can use your mic and camera, and how to stop them
`/adtracking`	Turns off ad tracking on your phone	`/adsettings`	Turns off personalized ads on Google, Meta and Amazon
`/privatebrowsing`	Sets up your browser so sites can't follow you around	`/searchhistory`	Deletes your Google, YouTube and location history and turns on auto-delete
`/googleprivacy`	Every Google account privacy setting worth changing, in order	`/appleprivacy`	Every Apple privacy setting worth changing on your iPhone and iCloud
`/amazonprivacy`	Amazon and Alexa privacy settings, including your voice recordings	`/tvprivacy`	Stops your smart TV from tracking what you watch
`/carprivacy`	What your car collects about your driving, and how to turn it off	`/fitnessprivacy`	Locks down your fitness app and watch so no one can see where you run
`/datingprivacy`	Locks down dating apps so matches can't find your full name, work or home	`/venmoprivate`	Makes your Venmo and Cash App activity private

Your Phone

`/spamcalls`	Stops spam calls on your phone, step by step for iPhone or Android	`/spamtexts`	Stops spam texts and shows you how to report them
`/simswap`	Locks your number with your carrier so no one can steal it in a SIM swap	`/lockscreen`	What strangers can see on your lock screen, and how to hide it
`/lostphone`	Sets up Find My and remote erase before you ever need them	`/stolenphone`	The exact steps if your phone gets stolen, in order
`/secondnumber`	How to get a second number for sign-ups and selling stuff online	`/blockcaller`	Blocks a number on any phone, step by step
`/voicemailscam`	How to tell a scam voicemail from a real one	`/callerid`	Turns on your carrier's free spam labels and caller ID
`/phonecheck`	A 5-minute check of your phone's privacy and security settings	`/hiddenapps`	Looks for tracking or spy apps hidden on your phone
`/airtagcheck`	Checks if someone's tracking you with an AirTag or other tracker, and what to do	`/bluetooth`	When to turn off Bluetooth and AirDrop, and the settings that matter

Passwords & Accounts

`/strongpassword`	How to make a strong password you'll actually remember	`/passwordmanager`	Picks a password manager for you and sets it up step by step
`/2fa`	Turns on two-step verification on every account that matters, in order	`/authenticator`	Moves your two-step codes from texts to an authenticator app
`/passkeys`	Sets up passkeys so you can stop typing passwords on your big accounts	`/hacked`	The exact steps when one of your accounts gets hacked, in order
`/recoveryinfo`	Checks the recovery email and phone on every important account	`/emailsecurity`	Locks down your main email, the key to every other account
`/loginalerts`	Turns on login alerts so you know the second someone else gets in	`/signedin`	Shows every device signed in to your accounts and how to sign them out
`/appsconnected`	Removes old apps connected to your Google, Apple and Facebook accounts	`/sharedpasswords`	How to share passwords with family safely
`/reusedpasswords`	A plan to fix every reused password, most important first	`/accountlist`	Builds a list of every account you have, so you know what to protect
`/digitalwill`	Picks who can get into your accounts if something happens to you	`/secretquestions`	Makes your security questions impossible to guess

Scams & Fraud

Paste the message instead of tapping anything in it. Already clicked or paid? Go straight to /gotscammed.

`/isthisreal`	Paste any message and it tells you if it's really from that company	`/fakewebsite`	Paste a link and it checks if the website is fake before you buy
`/phishing`	Shows you the red flags in a suspicious email, one by one	`/tollscam`	Checks a text about unpaid tolls (these are almost always fake)
`/packagescam`	Checks a text about a missed delivery or a package problem	`/bankscam`	Checks a call or text that says it is from your bank
`/irsscam`	Checks a call, text or letter that says it is from the IRS	`/jobscam`	Checks a job offer or recruiter message for scam signs

`/romancescam`	Checks someone you met online for the signs of a romance scam	`/marketplacescam`	Checks a Marketplace buyer or seller before you meet or pay
`/rentalscam`	Checks a rental listing before you send a deposit	`/cryptoscam`	Checks an investment or crypto pitch for scam signs
`/giftcardscam`	Why anyone asking you to pay with gift cards is a scammer, and what to do	`/grandparentscam`	Spots the "grandkid in trouble" call before anyone sends money
`/voiceclone`	Protects your family from AI voice clone calls with a safe word	`/qrcode`	Checks a QR code link before you open it
`/techsupport`	Spots fake tech support pop-ups and calls	`/gotscammed`	The exact steps right after a scam: your bank, the FTC, the police, in order

Identity Theft & Credit

In the US, freezing your credit is free and the single best protection. Start with /freezecredit.

`/freezecredit`	Freezes your credit at all three bureaus for free, step by step	`/unfreeze`	Lifts a freeze for a few days when you apply for a loan or card
`/creditreport`	Gets your free credit reports and explains every line	`/fraudalert`	Puts a free fraud alert on your credit
`/identitytheft`	The full recovery plan if someone stole your identity	`/ssnprotect`	Who really needs your Social Security number, and when to say no
`/ippin`	Gets an IRS Identity Protection PIN so no one can file taxes as you	`/childcredit`	Freezes your kid's credit before anyone can use their identity
`/monitoring`	Free ways to watch for fraud, and whether paid monitoring is worth it	`/mailtheft`	Protects your mail, and shows you what is coming before it arrives
`/databreach`	What to do when a company says your data was in a breach	`/cardfraud`	The steps when you see a charge you didn't make
`/medicalid`	Spots someone using your health insurance on your statements	`/taxfraud`	What to do if someone filed a tax return in your name

Email & Spam

`/hidemyemail`	Makes a hidden email for sign-ups so your real one stays private	`/spamfilter`	Sets up your inbox so spam never reaches it
`/unsubscribe`	Finds every list you are on and the fastest way off each one	`/trackingpixels`	Stops emails from tracking when you open them
`/realsender`	Shows you who really sent an email, step by step	`/inboxcleanup`	Finds old emails with personal info you don't need anymore
`/forwardingcheck`	Checks your email for forwarding rules a hacker could have set up	`/emailalias`	Sets up separate emails for shopping, banking and everything else
`/donotcall`	Adds your number to the Do Not Call Registry and explains what it stops	`/robocalls`	Reports a robocall and blocks it
`/spamreport`	How to report spam texts and calls so they get shut down	`/sendsafely`	How to send your ID or tax forms to someone safely

Social Media

`/privateaccount`	Makes any social account private, step by step	`/taggedphotos`	Controls who can tag you and see the photos you are tagged in
`/oldposts`	Limits who can see your old posts in one go	`/tiktokprivacy`	Every TikTok privacy setting worth changing
`/facebookprivacy`	Facebook's privacy settings, step by step	`/linkedinprivacy`	Controls what strangers see on your LinkedIn
`/xprivacy`	Locks down your X account: who can find you, tag you and message you	`/snapmap`	Turns off Snap Map so people can't see where you are
`/beforeyoupost`	Checks a photo before you post it for anything that gives away where you live	`/storysafety`	Hides your stories from people you don't want watching
`/blockandreport`	How to block, restrict and report someone on any app	`/impersonation`	Gets a fake account pretending to be you taken down
`/harassment`	The steps when someone's harassing you online: save, report, block	`/deactivate`	Takes a break from any social app without deleting it

Home & Devices

`/wifilock`	Locks down your home Wi-Fi so no one else can get on it	`/whoisonmywifi`	Shows you how to see every device on your Wi-Fi
`/routercheck`	The router settings to change today	`/smartspeaker`	Turns off saved voice recordings on Alexa, Google and Siri
`/doorbellcam`	Locks down your doorbell camera and who can see its videos	`/cameras`	Secures your home cameras so no one else can watch them
`/laptopcheck`	A 10-minute privacy check of your laptop	`/webcam`	Stops apps from using your webcam
`/oldphone`	Wipes an old phone or laptop before you sell or recycle it	`/smartlock`	Secures your smart lock and checks who has access
`/guestnetwork`	Sets up guest Wi-Fi so visitors never touch your main network	`/smarthome`	Lists the smart devices in your home and the privacy setting each one needs

AI & ChatGPT Privacy

Run /safetoshare and /redact before you upload anything with your name, address or ID on it.

`/chatgptprivacy`	Every ChatGPT privacy setting to check, in order	`/trainingoff`	Stops ChatGPT, Claude and Gemini from training on your chats
`/whatitknows`	Shows what ChatGPT remembers about you and how to delete it	`/tempchat`	When to use a temporary chat, and how
`/safetoshare`	What is safe to paste into an AI, and what to cover first	`/redact`	Covers your personal info in a document before you upload it anywhere
`/facesearch`	Opts you out of face search sites that let strangers find your photos	`/deepfake`	Gets a fake AI photo or video of you taken down
`/aiapps`	Checks which AI apps and browser extensions can see your data	`/meetingbots`	Spots AI note-takers recording your calls, and how to stop them

Family & Kids

`/kidsphone`	Sets up your kid's first phone safely, step by step	`/parentcontrols`	Sets up parental controls on any device or app
`/kidsprivacy`	What not to post about your kids online, and why	`/schoolapps`	Checks what your kid's school apps collect
`/gamingsafety`	Locks down Roblox, Fortnite and Minecraft for kids	`/elderscams`	Protects your parents from the scams that target older people
`/familylocation`	Shares locations with family safely, and hides yours from everyone else	`/teensocial`	The privacy settings for your teen's Instagram, TikTok and Snapchat
`/onlinestrangers`	How to talk to your kids about strangers online, by age	`/kidsdata`	Asks a company to delete the data it has on your child
`/familyplan`	A family privacy night: everyone's accounts locked down in one evening	`/familyphotos`	Shares family photos privately instead of posting them publicly

Travel & Public Wi-Fi

`/publicwifi`	How to use airport, hotel and cafe Wi-Fi safely	`/vpn`	Whether you need a VPN, and how to pick one
`/hiddencamera`	How to check a rental or hotel room for hidden cameras	`/travelphone`	Locks down your phone before a trip
`/borderphone`	What to do with your phone and laptop before you cross a border	`/chargingstation`	Why to skip public USB chargers, and what to use instead
`/rentalcar`	Deletes your phone's data from a rental car before you return it	`/travelpost`	When to post your trip so no one knows your home is empty
`/passport`	Protects your passport and ID photos while you travel	`/lostabroad`	The steps if your phone, wallet or passport is stolen on a trip

Money & Shopping

`/bankalerts`	Sets up bank and card alerts so you see every charge	`/virtualcard`	Uses a virtual card number so stores never get your real one
`/cardlock`	Locks your card in your bank app the second it goes missing	`/paymentapps`	The rules for Zelle, Venmo and Cash App that keep scammers from your money
`/checkout`	Checks a website before you type in your card	`/loyaltydata`	What store loyalty cards track about you, and how to limit it
`/shoppingemails`	Stops stores from sharing your email and what you buy	`/cardonfile`	Removes your saved cards from sites you don't use anymore
`/onlineorders`	Ships to a pickup point or locker so you keep your home address private	`/charityscam`	Checks a charity before you donate

DO THIS TODAY

Type **/exposed** with your full name and city and see what a stranger sees. Then type **/databroker** and send your first **/optout**. Save this PDF on your phone so the codes are with you the next time a weird text shows up.

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Type the code. Take your privacy back.