M A V E R I C K A I

WHAT HAPPENS WHEN YOU ASK CHATGPT TO GET RID OF ALL YOUR SPAM CALLS

BOTH PROMPTS FROM MY VIDEO, PLUS THE BONUS

What happens when you ask ChatGPT to get rid of all the spam calls you get? I tried this and I literally went from getting eight spam calls a day to zero. ChatGPT goes through people search sites and data brokers one by one and finds every site showing your number. Then it fills out all the opt-out forms for you while you sit back and do nothing. And the bonus: one iPhone setting that makes every unknown caller say who they are before your phone ever rings.

Both prompts from my video, word for word

Every site showing your number, and who's selling it

ChatGPT fills out every opt-out form for you

The iPhone setting that screens every unknown call

How to keep your number off these sites for good

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Copy This First: Both Prompts From My Video

Want them both at once? Switch to **Work** first (Step 1), then paste this with your number and it runs both prompts from the video for you, one after the other:

ALL PROMPTS | COPY & PASTE

```
Do these in order and show each one under its own short heading:
1) Here's my phone number: [YOUR PHONE NUMBER]. Find every website that's showing my number, my name, or my address and tell me who's most likely selling it to spammers.
2) Now go to each one of these sites and submit the removal request for me.
When a site needs me for a step, like a code by phone, a "confirm you're human" check or a link from my email, stop and tell me exactly what to do.
```

Or go one at a time, like in the video. In a new Work chat, send this:

PROMPT 1 | COPY & PASTE

```
Here's my phone number: [YOUR PHONE NUMBER]. Find every website that's showing my number, my name, or my address and tell me who's most likely selling it to spammers.
```

TIP

Add your full name and city at the end, like "My name is Jane Smith and I live in Austin." ChatGPT finds your listings much faster.

Step 1: Find Every Site Showing Your Number

- **Open ChatGPT** on chatgpt.com, the desktop app or your phone.
- **Switch to Work.** At the top, switch from **Chat** to **Work**. On the phone app, pick **Work** from the dropdown at the top.
- **Send the first prompt** with your number.

ChatGPT goes through people search sites and data brokers one by one and comes back with every single site that has your number, plus which ones are most likely selling it to spammers.

Here's what it usually finds: Whitepages, Spokeo, BeenVerified, TruePeopleSearch, FastPeopleSearch, Intelius, PeopleFinders, That's Them, USPhoneBook, Radaris and MyLife. Most people are on a lot of them.

Step 2: The Trick: Let It Submit the Removals

Stay in the same chat and send this:

PROMPT 2 | COPY & PASTE

```
Now go to each one of these sites and submit the removal request for me.
```

ChatGPT opens each site's opt-out form in its own browser and fills it out for you. Here's what to expect:

- **It asks before it sends your details.** Before it submits a form, it checks with you in the chat. Say yes.
- **Some steps need you.** A few sites ask for a "confirm you're human" check, and Whitepages calls your phone with a code to type in. When that happens, ChatGPT asks you to take over its browser. Do that one step, then hand it back.
- **Click the links in your email.** Most sites email you a link to confirm the removal. Open your inbox and click each one. Some expire in 24 hours.
- **Then you wait.** Most sites take you down in 1 to 3 days.

HEADS UP

Never type a password or a card number into the chat. Opt-out forms are free. If a site asks you to pay to be removed, skip it and tell ChatGPT.

TIP

Use an email address you don't mind these sites seeing, like a spare one you use for sign-ups. It's where all the confirmation links go.

The Sites It Usually Finds

ChatGPT handles these for you. If one gets stuck, or you'd rather do it yourself, here's where each opt-out lives. They're all free.

Site	Opt-out page	What it needs from you
Whitepages	whitepages.com/suppression-requests	Your listing link, then a call to your phone with a code
Spokeo	spokeo.com/optout	Your listing link, then a link from your email
BeenVerified	beenverified.com/svc/optout/search/optouts	Pick your record, then a link from your email
TruePeopleSearch	truepeoplesearch.com/removal	A "confirm you're human" check, then a link from your email
FastPeopleSearch	fastpeoplesearch.com/optout	A "confirm you're human" check, then a link from your email
USPhoneBook	usphonebook.com/removal	A "confirm you're human" check, then a link from your email
Intelius	intelius.com/opt-out	A link from your email. It also covers TruthFinder, Instant Checkmate and US Search
PeopleFinders	peoplefinders.com/opt-out	Your name and street address, then a confirmation email
Radaris	radaris.com/control-privacy	Pick your record, then a link from your email
MyLife	mylife.com/privacyrequest	Your name, city, ZIP and birth year, plus your email
That's Them	thatsthem.com/optout	Follow the steps on the page

TIP

Most sites remove one listing at a time. If you have a few (an old address, a maiden name), ChatGPT does each one.

Step 3: The Bonus: Screen Every Unknown Call

If you're on an iPhone, go to **Settings > Apps > Phone**, and under **Screen Unknown Callers**, choose **Ask Reason for Calling**.

Now your iPhone answers every unknown number for you and makes them say who they are before it ever rings you. You see their answer on your screen and decide whether to pick up.

- **Turn on Spam too.** On the same Phone settings page, turn on **Spam**. Calls your carrier flags as spam get silenced, sent to voicemail and filed under Spam.
- **Good to know.** Calls aren't screened while you're roaming, and calling 911 turns screening off for 24 hours.

On Android

- **Google Pixel:** open the **Phone** app, tap **More**, then **Settings > Spam and Call Screen > Call Screen**, and turn on automatic screening for unknown callers.
- **Samsung Galaxy:** open the **Phone** app, tap the three dots, then **Settings > Caller ID and spam protection**, turn it on and choose **Block spam and scam calls**. On newer phones, also look for **Call screening** in the same settings.

Step 4: Keep Your Number Off These Sites

- **Join the Do Not Call Registry.** It's free at donotcall.gov and it never expires. Sales calls can take up to 31 days to stop. It doesn't stop scammers, which is why the steps above matter.
- **Turn on your carrier's free spam blocker.** AT&T ActiveArmor, Verizon Call Filter or T-Mobile ScamShield. The free versions label or block spam calls.
- **Report spam texts.** Forward them to **7726** (it spells SPAM), then delete them.
- **Recheck every few months.** These sites can list you again. Go back to the same chat and send:

PROMPT 3 | COPY & PASTE

```
Check every site you removed me from again and tell me if I'm back on any of them. If I am, submit the removal request again.
```

Common Mistakes and Quick Fixes

If this happens	Try this
You don't see Work	Work's browser is on paid plans (Plus or Pro). On Free or Go, send the first prompt in a normal chat for the list, then use the opt-out pages in The Sites It Usually Finds yourself.
It can't find you	Add your full name, city and any old addresses or past names to the first prompt.
It says it can't submit a form	Ask it to let you take over the browser and finish that one, or use the site's opt-out page from the table yourself.
A site wants you to prove you're human	Take over the browser, do the check yourself, then hand it back to ChatGPT.
No confirmation email	Check your spam folder. Still nothing after an hour? Ask ChatGPT to submit that one again.
A site wants money to remove you	Don't pay. These opt-outs are free. Skip it and tell ChatGPT.
You're back on a site months later	Send the recheck prompt from Step 4.
You still get spam calls	Turn on Ask Reason for Calling and your carrier's free blocker, and give the removals a few weeks to kick in.

Quick Reference: Get Rid of Spam Calls

Step	Do this
Switch	**Chat** to **Work** at the top
Find	Prompt 1 with your phone number
Remove	Prompt 2, in the same chat
Confirm	Click the links in your email
iPhone	Settings > Apps > Phone > Screen Unknown Callers > Ask Reason for Calling
Keep it that way	donotcall.gov, your carrier's free blocker, the recheck prompt

DO THIS TODAY

Switch to Work and send the first prompt with your number. While ChatGPT works, turn on Ask Reason for Calling on your iPhone. Then send the second prompt and click the links in your email as they come in.

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Your phone should ring for people you know. Now it does.