

M A V E R I C K A I

ERASE YOUR DIGITAL FOOTPRINT WITH AI

REMOVE YOUR PERSONAL DATA FROM THE ENTIRE INTERNET

Use Claude to find every site exposing your personal info, write removal requests, and auto-submit them while you sleep.

Find every data broker selling your info

Get exact opt-out links for each site

Auto-generate custom removal requests

Connect Chrome for hands-free submissions

Schedule weekly rechecks until you're gone

Complete prompts you can copy and paste

2026 Edition

How It Works

Your personal data is scattered across hundreds of websites right now. Data brokers, people-search sites, and public records aggregators collect your name, address, phone number, email, and more. They sell it to anyone willing to pay. Removing yourself manually takes hours of hunting down opt-out pages and filling out forms. Claude does the entire thing for you.

100s

Sites exposing your data

5 min

Setup time in Claude

Auto

Runs while you sleep

The process works in four phases. First, Claude searches the internet for every trace of your personal information. Second, it identifies the exact opt-out link for each site. Third, it writes customized removal requests tailored to each platform's requirements. And fourth, it uses the Chrome connector to visit each site and submit the requests automatically.

WHY THIS WORKS

Most data brokers are legally required to honor removal requests, especially under laws like CCPA and GDPR. The problem isn't that they refuse. The problem is nobody has the time to find all the sites and submit individual requests to each one. Claude eliminates that bottleneck.

The Setup

STEP 1: Find Every Site Exposing Your Data

Open Claude and start a new chat. You're going to ask it to search the internet for every place your personal information appears. Paste this prompt:

PASTE THIS INTO CLAUDE

```
Search the internet for everything
you can find about me. My name is
[YOUR FULL NAME] and I live in
[YOUR CITY, STATE].

List every data broker and people
search site that is exposing my
personal information. Include:

- The site name
- What info they have on me
- The exact opt-out or removal link

Check sites like Spokeo, WhitePages,
BeenVerified, Intelius, PeopleFinder,
MyLife, Radaris, FastPeopleSearch,
TruePeopleSearch, and any others you
can find.
```

Claude will search the web and come back with a list of sites that have your information. Some of these you'll have heard of. Others will be completely unfamiliar, and those are usually the worst offenders. Review the list and make sure it looks complete.

TIP

Add your phone number and email to the prompt for more thorough results. Data brokers often index by phone number, so Claude may find additional listings that don't show up from a name search alone.

STEP 2: Generate Custom Removal Requests

Stay in the same chat. Now you're going to tell Claude to write a removal request customized to each site it found. Different sites have different requirements, so a generic template won't cut it.

PASTE THIS INTO THE SAME CHAT

```
Write me the exact removal request
to send to each one of these sites.
```

Customize each request based on that site's specific opt-out process. Some need a formal email. Others need a form submission. Some just need you to visit a URL and confirm.

For each site, tell me exactly what format they need and give me the ready-to-send request.

Claude will generate a separate removal request for every site on your list. Each one is formatted to match what that specific platform expects. Some sites want a formal email citing privacy law. Others just need you to visit an opt-out URL and click confirm. Claude handles the differences.

STEP 3: Connect the Chrome Connector

This is where it gets interesting. Instead of copying and pasting each request yourself, you're going to let Claude do the submissions for you. To do this, you need to connect Claude to your browser.

Here's how to set it up:

1. On the left sidebar in Claude, click **Customize**
2. Click **Connectors**
3. Hit the **+** button
4. Choose **Browse connectors**
5. Search for **Google Chrome**
6. Click **Install**

WHERE TO FIND IT

Left sidebar > Customize > Connectors
> + > Browse connectors > Google Chrome
> Install

WHAT THE CHROME CONNECTOR DOES

The Chrome connector gives Claude the ability to open websites, fill out forms, click buttons, and navigate pages on your behalf. Claude opens its own browser window and you can watch everything it does in real time. It only acts on pages you've told it to visit.

Auto-Submit Everything

STEP 4: Let Claude Submit Your Requests

Go back to the same chat where Claude found your data and wrote the removal requests. Now tell it to actually submit them using Chrome:

PASTE THIS INTO THE SAME CHAT

Now use Chrome to go to every single one of those sites and submit my removal request customized to each one.

For sites that need a form, fill it out and submit it. For sites that need an email, draft it and show me before sending. For sites that just need a URL visit, go there and complete the opt-out process.

Claude will open its own browser and start visiting each site, one by one. It fills out opt-out forms, navigates removal pages, and handles the entire process. You can watch it work in real time or just let it run.

HEADS UP

Some sites require email verification after you submit a removal request. Check your inbox during and after the process. If a site sends a confirmation link, you'll need to click it yourself to finalize the removal.

TIP

Some sites may require CAPTCHA verification or phone-based identity confirmation. Claude will flag these and tell you exactly what to do. You handle those manually, and Claude continues with the rest.

Schedule Weekly Rechecks

Here's the thing about data brokers: they add you back. You remove yourself today, and three months from now, your info reappears on half the sites you just cleaned up. The only way to stay gone is to keep checking and keep resubmitting.

Claude can automate this with a scheduled task. It will recheck every site on a regular schedule and resubmit removal requests for any that ignored you or re-listed your data.

THE BONUS PROMPT

```
Now recheck every site every week and  
resubmit any that get ignored until  
I'm completely gone.
```

```
Create a scheduled task that:
```

- ```
1. Visits each site from my list
2. Checks if my info is still there
3. Resubmits removal requests for any
that haven't complied
4. Sends me a summary of what was
found and what was resubmitted
```

Claude will set up a recurring task that runs every week. Each time, it goes through your full list, checks whether your information is still showing, and takes action on anything that slipped through. You get a summary after each run so you know exactly where things stand.

## HOW SCHEDULED TASKS WORK

Claude's scheduled tasks run automatically at the interval you set. You don't need to be online or have Claude open. The task runs in the background and you'll see the results the next time you open Claude. You can adjust the schedule or stop it any time.

# The Biggest Data Brokers

Claude will find most of these on its own, but it helps to know the major players. These are the sites that almost certainly have your information right now.

| Site             | What They Have                         | Removal Difficulty      |
|------------------|----------------------------------------|-------------------------|
| Spokeo           | Name, address, phone, email, photos    | Easy (online form)      |
| WhitePages       | Name, address, phone, age, relatives   | Easy (online form)      |
| BeenVerified     | Full background reports                | Medium (email required) |
| Intelius         | Name, address, phone, criminal records | Medium (email + ID)     |
| PeopleFinder     | Name, address, phone, associates       | Easy (online form)      |
| MyLife           | Reputation scores, public records      | Hard (call required)    |
| Radaris          | Name, address, phone, social profiles  | Easy (online form)      |
| FastPeopleSearch | Name, address, phone, email            | Easy (one-click)        |
| TruePeopleSearch | Name, address, phone, relatives        | Easy (online form)      |
| Pipl             | Deep web identity data                 | Hard (formal request)   |

This is just the top ten. There are hundreds of smaller sites that aggregate the same data. Claude's initial search typically finds 20 to 50 sites with your information, depending on how long you've had a phone number and a mailing address.

## TIP

If you've ever owned property, expect more results. Property records are public in most states, and dozens of real estate data aggregators scrape them. Claude will find those too.

# Advanced Prompts

The core workflow handles most situations. But if you want to go deeper, here are prompts for specific scenarios.

## Remove Old Social Media Accounts

### GHOST ACCOUNTS

```
Search for any old social media
accounts associated with my name and
email: [YOUR EMAIL].
```

```
Check MySpace, Tumblr, old forums,
dating sites, and any other platforms
I might have signed up for years ago.
```

```
For each one, give me the exact steps
to delete or deactivate the account.
```

## Google Search Results

### CLEAN UP GOOGLE

```
Search Google for my full name and
list every result on the first 5
pages. For each result, tell me:
```

- Can it be removed? (yes/no)
- How to remove it (direct link or process)
- If it can't be removed, how to push it down in search rankings

## Corporate Data Requests

### CCPA / GDPR REQUEST

```
Write a formal data deletion request
I can send to any company under CCPA
and GDPR. Include:
```

- A request to delete all personal data they hold on me

- A request to stop selling my data
- A request for confirmation of deletion within 30 days
- Reference to the specific legal provisions that require compliance

## Monitor for New Listings

### ONGOING MONITORING

Set up a monitoring task that checks once a month for any new appearances of my personal information online.

Search for my name, phone number, and email across data broker sites, Google results, and social media platforms.

If anything new appears, write and submit removal requests automatically.

Send me a summary of findings.

# Common Problems and Fixes

| Problem                          | Why It Happens                        | The Fix                                             |
|----------------------------------|---------------------------------------|-----------------------------------------------------|
| Site ignores your request        | Some brokers drag their feet          | Resubmit citing CCPA/GDPR and specific fine amounts |
| Info reappears after removal     | Brokers re-scrape public records      | Use the weekly recheck prompt. Persistence wins.    |
| Site requires phone verification | Anti-bot measure for opt-outs         | Handle manually, then tell Claude to continue       |
| CAPTCHA blocks Claude            | Bot detection on the opt-out page     | Solve it yourself in Chrome, let Claude resume      |
| Can't find the opt-out page      | Some sites bury their removal process | Ask Claude to email the site citing privacy law     |
| Site asks for a copy of your ID  | Identity verification requirement     | Only send to verified companies. Skip unknowns.     |

## HEADS UP

Never upload a copy of your government ID to a website you don't recognize. Some shady data brokers use the removal process itself to collect more personal data. If a site you've never heard of asks for ID, skip it and ask Claude for an alternative approach.

# Your Legal Rights

You're not just asking nicely. You have actual legal backing to demand data removal, depending on where you live.

| Law                 | Who It Covers         | What It Gives You                                                                        |
|---------------------|-----------------------|------------------------------------------------------------------------------------------|
| CCPA (California)   | California residents  | Right to delete personal data. Right to opt out of data sales. 45-day compliance window. |
| GDPR (Europe)       | EU/EEA residents      | Right to erasure. Right to object to processing. 30-day compliance window.               |
| CPA (Colorado)      | Colorado residents    | Right to delete. Right to opt out of targeted advertising and data sales.                |
| VCDPA (Virginia)    | Virginia residents    | Right to delete. Right to opt out of data sales and profiling.                           |
| CTDPA (Connecticut) | Connecticut residents | Right to delete. Right to opt out of data sales and targeted ads.                        |

Even if you don't live in one of these states or regions, many companies apply the same deletion rights to all users. It's simpler for them than maintaining separate policies. The CCPA/GDPR prompt in the Advanced Prompts section works regardless of where you live, because most large data brokers operate under these regulations already.

## TIP

Mention the specific law and the financial penalty for non-compliance in your removal requests. Companies respond faster when they see dollar amounts attached to their obligation. Claude's generated requests already include these references.

# Quick Reference

| Step | What to Do                                                                  |
|------|-----------------------------------------------------------------------------|
| 1    | Open Claude and ask it to search for your personal info across the internet |
| 2    | Review the list of sites and verify Claude found them all                   |
| 3    | Tell Claude to write custom removal requests for each site                  |
| 4    | Connect the Chrome connector (Customize > Connectors > Google Chrome)       |
| 5    | Tell Claude to visit each site and submit the requests via Chrome           |
| 6    | Check your email for any verification links from the sites                  |
| 7    | Use the bonus prompt to schedule weekly rechecks                            |
| 8    | Use advanced prompts for social media, Google results, or legal requests    |

## Words That Make Companies Move Faster

| Phrase                                              | Why It Works                              |
|-----------------------------------------------------|-------------------------------------------|
| "Under CCPA Section 1798.105"                       | Cites the specific law requiring deletion |
| "Within the 45-day compliance window"               | Shows you know the legal deadline         |
| "Opt out of sale of personal information"           | Triggers CCPA's do-not-sell provision     |
| "Right to erasure under GDPR Article 17"            | References the EU deletion requirement    |
| "Failure to comply may result in regulatory action" | Polite but firm legal pressure            |

### START RIGHT NOW

Open Claude. Paste the Step 1 prompt with your name and location. Let it find every site selling your data. Then follow the steps to remove yourself. The whole setup takes about 5 minutes, and Claude handles the rest while you do something better with your time.

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