

M A V E R I C K A I

ERASE YOUR DIGITAL FOOTPRINT

DELETE YOURSELF FROM THE INTERNET

Use ChatGPT to find every site exposing your personal data, write removal requests, submit them automatically, and monitor until you're wiped clean.

- Find every data broker exposing your info
- Get the exact opt-out link for each site
- Auto-generate custom removal requests
- Use agent mode to submit them for you
- Set up weekly monitoring until you're gone
- Manual backup plans for stubborn sites
- Complete prompt templates ready to paste

2026 Edition

Why Your Data Is Everywhere

190+

Data Broker Sites

\$240B

Data Broker Industry

4 hrs

To Remove Yourself

Every time you sign up for a service, buy something online, fill out a form, or even just browse the web, you're leaving data behind. That data gets collected, packaged, and sold by companies called data brokers. They make money by selling your personal information to anyone willing to pay.

There are over 190 known data broker and people-search sites operating right now. Most of them have your name, address, phone number, email, age, relatives' names, and sometimes even your income range and political affiliations. All publicly searchable. All free for anyone to find.

The good news: almost every one of these sites is legally required to remove your data if you ask. The bad news: doing it manually takes hours of filling out forms across dozens of sites. That's where ChatGPT comes in. It can find the sites, write the requests, and in many cases submit them for you.

YOUR LEGAL RIGHTS

In the US, the CCPA (California) and similar state laws give you the right to request data deletion. In Europe, GDPR gives you the 'right to be forgotten.' In Canada, PIPEDA covers personal data removal. These laws apply regardless of where the data broker is located. You don't need to be in California to use CCPA protections against most major brokers.

The 4-Step System

The entire process runs inside a single ChatGPT conversation. Don't start a new chat between steps. ChatGPT needs the context from each step to do the next one properly.

Step	What Happens	Time
1. Search	ChatGPT scans the internet for your personal data across data brokers and people-search sites	5-10 min
2. Write	ChatGPT generates custom removal requests and identifies the exact opt-out link for each site	2-5 min
3. Submit	Using agent mode, ChatGPT visits each site and submits the removal requests on your behalf	15-30 min
4. Monitor	ChatGPT rechecks every site weekly and resubmits any request that was ignored or reappeared	Automatic

HEADS UP

You need ChatGPT Plus or Pro with agent mode access for the full automated workflow. Steps 1 and 2 work on any ChatGPT plan. If you don't have agent mode, this guide includes manual alternatives for Steps 3 and 4.

Step 1: Find Your Exposed Data

Open ChatGPT and start a new conversation. You're going to ask it to search the internet for your personal information across every data broker and people-search site it can find.

STEP 1: Run the Initial Search

FIND MY DATA

Find my digital footprint

Search the internet for everything
you can find about me.

My name: [Your Full Name]

My city: [Your City, State]

My email: [Your Email Address]

List every data broker and people
search site that is exposing my
personal information. For each
site, give me:

1. The site name and URL
2. What data they have on me
(address, phone, email, etc.)
3. The exact opt-out or removal
link for that specific site
4. Whether they require email
verification or ID to remove

ChatGPT will search and come back with a list. Expect anywhere from 15 to 50+ sites depending on how long you've been online. The results are usually alarming. Sites you've never heard of will have your home address, phone number, relatives' names, and more.

STEP 2: Expand the Search

DEEPER SEARCH

Find more sites

Good, now search for these
specific categories too:

- People search engines
(Spokeo, WhitePages, BeenVerified,
Intelius, TruePeopleSearch)

- Public records aggregators
- Background check sites
- Marketing data brokers
- Phone number lookup sites
- Email lookup services
- Social media scraping sites

Also search for my name in quotes on Google and show me any results from sites I should be removed from.

TIP

Include variations of your name (with and without middle name, maiden name, nicknames) and any previous addresses. Data brokers often have multiple entries for the same person under different name formats.

Step 2: Write Removal Requests

Stay in the same chat. Now you're going to have ChatGPT write custom removal requests for every site it found. These aren't generic templates. Each site has different requirements, and ChatGPT will tailor the request to match what each one expects.

STEP 3: Generate All Removal Requests

WRITE REMOVAL REQUESTS

Write removal requests

Now write me the exact removal request to send to each site you found.

For each one:

1. Write the request in the format that site specifically requires (email, web form, or letter)
2. Reference the relevant privacy law (CCPA, GDPR, or state law)
3. Include my specific data that needs to be removed
4. Request confirmation of deletion
5. Set a 30-day deadline for compliance

ChatGPT will generate a batch of requests. Some sites have online opt-out forms (just click a link and fill it out). Others require you to send an email. A few require you to mail a physical letter or fax. ChatGPT will tell you which is which.

Sample Removal Email

EMAIL TEMPLATE

For email-based removals

Write a formal data removal email I can send to sites that require email requests. Include:

- Subject line referencing CCPA or GDPR data deletion rights
- My full name and identifying info so they can find my record

- Specific request to delete all personal data they hold on me
- Request for written confirmation within 30 days
- Note that I will follow up with a regulatory complaint if not honored

WHY MENTION PRIVACY LAWS?

Data brokers process thousands of removal requests. The ones that cite specific legal authority (CCPA, GDPR, state privacy laws) get handled faster because the company knows there are actual consequences for ignoring them. A request that says 'please remove me' is easy to ignore. A request that says 'pursuant to CCPA Section 1798.105' gets routed to the legal team.

Step 3: Auto-Submit with Agent Mode

This is where it gets powerful. ChatGPT's agent mode lets it open a browser, navigate to websites, fill out forms, and click buttons on your behalf. Instead of you manually visiting 30+ sites and filling out each opt-out form, ChatGPT can do it for you.

STEP 4: Enable Agent Mode

In your ChatGPT conversation, click the + button next to the message input. Select **agent mode** (or toggle it on). This gives ChatGPT the ability to browse the web and interact with pages.

STEP 5: Submit the Requests

AUTO-SUBMIT

Submit removal requests

Go to every one of those sites
and submit their removal request
for me.

For sites with opt-out forms:

- Navigate to the opt-out page
- Fill out the form with my info
- Submit the request

For sites that need email:

- Draft the email (I will send
it myself from my account)

Keep a log of:

- Which sites you submitted to
- The date of each submission
- Any confirmation numbers
- Any sites that couldn't be
completed (and why)

ChatGPT will start working through the list. It opens each site, navigates to the opt-out page, and fills out the form. You'll see it working in real time. Some forms will go through instantly. Others might require email verification (you'll need to click the link in your inbox to confirm).

HEADS UP

Agent mode can't handle everything. Some sites require CAPTCHA verification that ChatGPT can't solve. Some require you to upload a photo of your ID. Some have multi-step verification processes. For those, ChatGPT will tell you it couldn't complete the request, and you'll need to do those ones manually. Usually it's only 3-5 sites out of the full list.

TIP

Watch the screen while agent mode is working. If it gets stuck on a CAPTCHA or verification step, you can jump in and complete that part manually, then let it continue with the rest of the list.

Step 4: Set Up Weekly Monitoring

Here's the part most people skip, and it's the most important. Data brokers re-add your information over time. They buy new datasets, scrape public records again, and your data reappears. One round of removal requests isn't enough. You need ongoing monitoring.

STEP 6: Create the Weekly Check

WEEKLY MONITORING

Set up ongoing monitoring

Now recheck every site every week
and re-submit any removal request
that gets ignored until my data
is completely gone.

For each weekly check:

1. Search each site for my name
2. If my data is still there,
re-submit the removal request
3. Escalate any site that has
ignored 2+ requests (draft a
complaint to the FTC or state
attorney general)
4. Give me a weekly status report
showing which sites are clear
and which still have my data

ChatGPT can set this up as a scheduled task or a recurring reminder. Each week, it will re-run the search, check which sites still have your data, and handle the follow-ups. Most sites remove your data within 7-14 days. A few take up to 45 days. The truly stubborn ones might need a second or third request.

Escalation for Stubborn Sites

ESCALATION LETTER

For sites ignoring requests

[Site name] has ignored my removal
request for [number] weeks.

Write me an escalation email that:

1. References my original request
date and any confirmation number
2. Cites the specific privacy law

they are violating

3. States that I will file a
complaint with [FTC / state AG
/ ICO / data protection authority]
if not resolved within 7 days

4. Requests the name and contact
of their Data Protection Officer

FILING ACTUAL COMPLAINTS

If a site ignores multiple removal requests, you can file complaints with the FTC (reportfraud.ftc.gov), your state attorney general's consumer protection division, or (for EU residents) your national data protection authority. Ask ChatGPT to help you fill out the complaint form with all the details from your removal attempts.

The Biggest Data Brokers

These are the most common sites that probably have your data right now. Start with these before going after the smaller ones.

Site	What They Have	Removal Method
Spokeo	Name, address, phone, email, social media, photos	Online opt-out form
WhitePages	Name, address, phone, age, relatives	Online opt-out (requires phone verification)
BeenVerified	Full background report, criminal records, assets	Email request to privacy@beenverified.com
Intelius	Name, address, phone, background, property records	Online opt-out form
TruePeopleSearch	Name, address, phone, email, relatives, neighbors	Online removal tool
FastPeopleSearch	Name, address, phone, email, age	Online opt-out form
Radaris	Name, address, phone, property, court records	Email request (often slow to respond)
MyLife	Reputation scores, background, reviews	Phone call required (888-704-1900)
PeopleFinder	Name, address, phone, age, relatives	Online opt-out form
USSearch	Name, address, phone, background checks	Online opt-out form
Acxiom	Marketing data, purchase history, interests	Online opt-out at aboutthedata.com
Oracle/Datalogix	Purchase data, loyalty programs, demographics	Email to privacy@oracle.com

TIP

After you remove yourself from the major sites, search your name on Google. The search results themselves can take a few weeks to update even after the source site removes your data. You can speed this up by submitting a Google removal request for outdated results.

Beyond Data Brokers

Data brokers are the biggest source of exposed personal info, but they're not the only one. Here's how to clean up the rest of your digital footprint.

Google Search Results

GOOGLE CLEANUP

Remove Google search results

Search Google for my name and find any results that show my personal information.

For each result:

1. Identify if it's from a data broker (handle with opt-out) or another source
2. If the source page is already removed, show me how to submit a Google removal request to clear the cached result
3. If the source is still live, draft a removal request for that specific site

Old Accounts You Forgot About

FIND OLD ACCOUNTS

Find forgotten accounts

Help me find old accounts I may have forgotten about. Search for:

- My email address on sites like haveibeenpwned.com to see which services had my data in breaches
- My username variations across social platforms
- Any accounts tied to my phone number

For each account found, tell me

how to delete it or request data removal. If the site has been shut down, tell me if my data is still accessible anywhere.

Social Media Privacy

SOCIAL MEDIA AUDIT

Lock down social accounts

Walk me through the exact privacy settings I should change on each platform to minimize data exposure:

- Facebook: what to set to 'Friends Only' or 'Only Me'
- Instagram: what to make private
- LinkedIn: what to hide from public search
- X/Twitter: what to restrict
- TikTok: account privacy settings

Also: how do I stop search engines from indexing my social profiles?

HEADS UP

Deleting old social media accounts doesn't always delete your data. Facebook, for example, keeps your data for up to 90 days after deletion and some data may be retained in backups indefinitely. Download your data archive before deleting any account so you have a personal copy of your photos, messages, and posts.

Staying Clean Going Forward

Removing your data is only half the battle. If you keep doing the same things that put your data out there in the first place, it'll come back. Here's how to minimize your footprint going forward.

Strategy	What It Does	How to Set Up
Email aliases	Use a different email for every service so breaches don't expose your real address	Apple Hide My Email, SimpleLogin, or Firefox Relay
VPN	Hides your IP address and location from websites and advertisers	Use a reputable paid VPN (not free ones that sell your data)
Privacy-focused browser	Blocks trackers, cookies, and fingerprinting that follow you across sites	Brave, Firefox with strict tracking protection, or DuckDuckGo browser
Burner phone number	Gives you a secondary number for signups so your real number stays private	Google Voice (free) or Hushed/Burner apps
PO Box or virtual address	Keeps your home address off public records and online forms	USPS PO Box or virtual mailbox service like Traveling Mailbox
Payment privacy	Prevents merchants from linking purchases to your real identity	Privacy.com virtual cards for online purchases

PRIVACY SETUP WALKTHROUGH

Set up a privacy system

Help me set up a basic privacy system so my data stops leaking.

I need:

1. An email alias service
(recommend the best free option)
2. A privacy-focused browser
setup with the right extensions
3. A plan for which services get
my real info vs. aliases
4. A quarterly reminder to re-run
the data broker search

Make it practical. I'm not going to change everything overnight.

Give me the 3 highest-impact changes to make this week.

THE 3 CHANGES TO MAKE TODAY

1. Set up an email alias service (Apple Hide My Email or SimpleLogin) and start using aliases for new signups.
2. Switch your default browser to Brave or Firefox with strict tracking protection.
3. Search your name on Google right now and start the removal process for the first 5 results.

Common Mistakes

These are the mistakes that undo your removal work or make the process take longer than it should.

Mistake	Why It's Bad	Do This Instead
Starting a new chat between steps	ChatGPT loses context about which sites it found and what requests it already wrote	Keep the entire process in one conversation
Removing from a few sites and stopping	The sites you skip will still expose your data to anyone who searches for you	Work through the entire list, then verify with a follow-up search
Not setting up monitoring	Data brokers re-add your info from new data sources every few months	Set up weekly or monthly rechecks and resubmit as needed
Using your real email for opt-outs	Some shady data brokers use your opt-out email to confirm your info is current	Use an email alias specifically for removal requests
Skipping sites that need phone calls	Sites like MyLife that require phone calls are often the hardest to get removed from	Call during business hours. It takes 5 minutes.
Not downloading your data first	When you delete accounts, you lose your photos, messages, and files permanently	Download your data archive from each platform before deleting
Expecting instant results	Most removals take 7-45 days. Google caches take even longer to update.	Be patient. Set a calendar reminder to check back in 30 days.

Prompt Cheat Sheet

Quick reference for every step. Copy, paste, fill in your details, and go.

Task	Prompt
Initial search	Search the internet for everything you can find about [name] in [city, state]. List every data broker exposing my info with opt-out links.
Deeper search	Also check Spokeo, WhitePages, BeenVerified, Intelius, TruePeopleSearch, and any background check or phone lookup sites.
Write removal requests	Write me the exact removal request for each site. Reference CCPA/GDPR, include my data, request confirmation within 30 days.
Email template	Write a formal CCPA data deletion email I can send to sites requiring email-based removal.
Auto-submit (agent mode)	Go to every one of those sites and submit their removal request for me. Log each submission.
Weekly monitoring	Recheck every site weekly. Re-submit any ignored requests. Give me a status report.
Escalation	[Site] ignored my request for [X] weeks. Write an escalation citing the specific privacy law and threatening a regulatory complaint.
Google cleanup	Search Google for my name. For each result showing personal info, help me submit a Google removal request or contact the source site.
Find old accounts	Search haveibeenpwned.com for my email. List every service with my data and show me how to delete each account.
Social media audit	Walk me through the privacy settings on Facebook, Instagram, LinkedIn, X, and TikTok. What should I change to minimize exposure?
Privacy setup	Help me set up email aliases, a privacy browser, and a system for keeping my data off the internet going forward.
FTC complaint	[Site] has ignored [X] removal requests over [X] weeks. Help me file an FTC complaint and a complaint with my state attorney general.

START RIGHT NOW

Open ChatGPT. Paste the initial search prompt with your real name, city, and email. See what comes back. That single search will tell you exactly how exposed you are and motivate you to finish the rest of this guide.

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Your data is your business. Now take it back.