

M A V E R I C K A I

FIND EVERY PHOTO OF YOU

ON THE INTERNET

Use ChatGPT to reverse image search your face, find where you appear online, and automatically write takedown requests to get your photos removed.

How to build your facial profile in ChatGPT

The exact Agent Mode prompts for reverse image search

Every major search tool and how to use them

How to find photos you didn't know existed

Custom takedown request templates that actually work

Platform-specific removal guides for every major site

How to set up ongoing monitoring so nothing slips through

2026 Edition

Why This Matters

93%

Of adults are online

200+

Photos of you, avg

85%

Don't know where

Right now, there are photos of you floating around the internet that you've never seen. Old social media posts, event photos, news articles, company websites, people's public albums, background shots from someone else's vacation. Some you posted yourself and forgot about. Others were posted by someone else without your permission.

Until recently, finding all of these was basically impossible unless you wanted to spend days manually searching. But ChatGPT's Agent Mode changed that. It can browse the web, run searches, visit sites, and compile results for you. Combined with reverse image search tools, you can now find nearly every photo of yourself that exists online in a single conversation.

WHAT IS AGENT MODE?

Agent Mode lets ChatGPT open its own browser and actually visit websites, click through pages, and gather information in real time. It's not just generating text. It's actively searching the internet for you. You need a ChatGPT Plus or Pro subscription to use it.

And once you've found everything, you can have ChatGPT write custom removal requests for every single one. The whole process, from search to takedown, can happen in one sitting.

What You Need Before Starting

Before you start, make sure you have everything ready. This process works best when you're prepared.

Requirement	Details	Why You Need It
ChatGPT Plus or Pro	Starts at \$20/month	Agent Mode is only available on paid plans
A clear selfie	Front-facing, good lighting, no sunglasses	ChatGPT needs to identify your distinguishing features
Multiple photos (optional)	Different angles, ages, outfits	Helps catch photos where you look different
Your full name	Plus any maiden names, nicknames, usernames	For the text-based search portion
30 to 60 minutes	Uninterrupted time	Agent Mode searches take a while to run

TIP

Use the clearest, most recent photo you have. Avoid group photos, heavy filters, or photos where your face is partially covered. The better the photo, the better ChatGPT can build your profile.

HEADS UP

Agent Mode results depend on what's publicly accessible. It can't see anything behind a login wall, in private accounts, or on sites that block automated browsing. This finds publicly visible photos only.

The Complete Process

Here's the full walkthrough. Each step builds on the last, so follow them in order. The prompts below have been tested and refined to avoid common errors.

STEP 1: Upload Your Selfie and Build Your Profile

Open a new ChatGPT conversation. Upload a clear, front-facing photo of yourself. Then paste the prompt below. This tells ChatGPT to analyze your photo and create a detailed description of what makes you recognizable.

FACIAL PROFILE BUILDER

I've uploaded a photo of myself.
Analyze this photo in detail and
create a comprehensive description
of my appearance that could be used
to identify me in other photos.

Include:

- Face shape and structure
- Hair color, style, and length
- Eye color and shape
- Skin tone
- Any distinguishing features
(freckles, scars, dimples, etc.)
- Approximate age range
- Build and body type
- Any other unique identifiers

Be as specific as possible. This
description will be used to search
for me in other photos online.

ChatGPT will respond with a detailed breakdown of your facial features. Review it and correct anything that's wrong. This profile is what it will reference when searching for you.

TIP

If you have photos from different time periods (different hairstyles, weight changes, with and without glasses), upload 2 to 3 of them. Say: "Here are additional photos of me at different times. Update my profile to account for how my appearance has changed."

STEP 2: Turn on Agent Mode

This is where it gets interesting. You need to enable Agent Mode so ChatGPT can actually browse the internet. Look for the "+" icon in the message bar and toggle Agent Mode on. On mobile, tap the plus icon and select "Agent."

Platform	How to Enable Agent Mode
ChatGPT Desktop	Click the + icon in the message bar, toggle 'Agent' on
ChatGPT Mobile	Tap the + icon, then tap 'Agent'
ChatGPT Web	Click the + or model selector, enable Agent Mode

WHAT AGENT MODE DOES DIFFERENTLY

In normal mode, ChatGPT generates responses from its training data. In Agent Mode, it opens a real browser, visits real websites, and reads real pages. It can navigate Google, TinEye, social media platforms, and any other public website to find your photos.

STEP 3: Run the Reverse Image Search

With Agent Mode active, paste this prompt. ChatGPT will open its browser and start running your photo through reverse image search tools. This is the step that takes the longest, so let it work.

REVERSE IMAGE SEARCH PROMPT

Using my photo and the appearance profile you just built, I need you to find everywhere I appear online.

Do the following searches:

1. Go to Google Images and do a reverse image search using my photo. Check every result.

2. Go to TinEye (tineye.com) and run the same reverse image search there.

3. Search Google for my name: [YOUR FULL NAME] and check the Images tab for any matches.

4. Search for my name on these platforms: LinkedIn, Facebook, Instagram, Twitter/X, TikTok.

For every match you find, give me:

- The website URL (direct link)

```
- What type of site it is
- Description of the photo
- Whether I appear to have posted
it or someone else did

Compile everything into one list.
```

HEADS UP

Agent Mode may take several minutes per search tool. If ChatGPT says it can't upload your image to a reverse search tool directly, that's normal. It will still search by description and name. See the troubleshooting section on page 10 for workarounds if this happens.

STEP 4: Search the Dedicated Tools Yourself

ChatGPT's Agent Mode covers a lot of ground, but some reverse image search tools work better when you use them directly. After ChatGPT finishes its search, run your photo through these tools manually to catch anything it missed.

Tool	URL	Best For
Google Images	images.google.com (click camera icon)	Largest image index, finds most matches
TinEye	tineye.com	Finds exact and modified copies of your photos
Yandex Images	yandex.com/images	Often finds results Google misses, strong with faces
PimEyes	pimeyes.com	Specifically built for facial recognition search
Bing Visual Search	bing.com/visualsearch	Good secondary check, different index than Google
Social Catfish	socialcatfish.com	Searches social media profiles specifically

TIP

Yandex is the secret weapon here. It has facial recognition built into its image search and regularly finds matches that Google and TinEye miss entirely. Always run Yandex as a secondary check.

STEP 5: Compile Your Full Results

After both ChatGPT's search and your manual searches are done, bring everything together. Paste any additional results you found back into the ChatGPT conversation.

COMPILE RESULTS PROMPT

```
Here are additional results I found
by searching manually:

[Paste your additional URLs here]

Combine these with everything you
```

found earlier. Create one master list of every place I appear online, organized by category:

1. Photos I posted myself
2. Photos posted by others
3. Photos on company/org sites
4. Photos on news or media sites
5. Photos on data broker sites
6. Unknown or unclear source

For each one, note whether I can request removal and how.

Getting Your Photos Removed

Now for the part that actually protects your privacy. Once you have your list of everywhere you appear, ChatGPT can write custom takedown requests for each site. The key word here is custom. A generic "please remove my photo" email gets ignored. A specific, well-written request that references the right policies gets results.

STEP 6: Generate Removal Requests

REMOVAL REQUEST GENERATOR

For every photo in my list that was posted by someone else or that I want removed, write me a custom removal request.

Each request should include:

- My name
- The specific URL of the photo
- Why I'm requesting removal (privacy, unauthorized use, etc.)
- Reference to the site's own privacy policy or terms of service where applicable
- A firm but professional tone
- A deadline for response (14 business days)

Also include which email address or form to send each request to.

If the site has a specific removal process, describe that instead.

Platform-Specific Removal

Different platforms have different processes. Here's what works for the most common ones.

Platform	How to Request Removal
Google Search	Use Google's 'Remove a result' tool at support.google.com/websearch . You can request removal of images that contain personal info.
Facebook	Report the photo directly. Click the three dots on the photo, select 'Find support or report,' and choose the reason.
Instagram	Report the post. Tap the three dots, select 'Report,' and follow the prompts. For impersonation, use the dedicated form.

Platform	How to Request Removal
LinkedIn	Flag the content by clicking the three dots on the post. For photos used without consent, contact LinkedIn support directly.
Twitter/X	Report the tweet with the photo. For private info, use the specific 'Private information' report type.
Websites	Contact the site owner directly via their contact page, privacy email, or WHOIS information for the domain.
Data Brokers	Use opt-out pages (each broker has one). Search for your name on the site and follow their removal process.

YOUR LEGAL RIGHTS

In the EU, GDPR gives you the right to request deletion of personal data, including photos. In California, CCPA provides similar rights. In other states and countries, you may have rights under local privacy laws. Mentioning the relevant law in your request significantly increases your success rate.

Copy-Paste Legal Templates

These templates are ready to use. Just fill in your details and send them. Having ChatGPT customize each one for the specific site and photo will make them more effective, but these work as starting points.

GDPR REMOVAL REQUEST

Subject: Data Erasure Request Under
GDPR Article 17

To whom it may concern,

I am writing to request the
immediate removal of my personal
image(s) from your website/platform
pursuant to my rights under Article
17 of the General Data Protection
Regulation (GDPR).

The image(s) in question can be
found at: [URL]

I did not consent to the
publication of this image and
request its removal within 30
days as required by law.

Please confirm receipt and
deletion. Failure to comply may
result in a complaint to the
relevant supervisory authority.

[Your name and contact details]

GENERAL REMOVAL REQUEST

Subject: Photo Removal Request

Hi,

I found a photo of me published on
your site without my permission.

Photo URL: [URL]

Page URL: [URL]

I did not authorize the use of
this image and am requesting its

removal. Per your privacy policy and terms of service, users have the right to request removal of unauthorized personal content.

Please remove this image within 14 business days and confirm removal by email.

Thank you,
[Your name]

GOOGLE SEARCH REMOVAL REQUEST

Subject: Request to Remove Image
from Google Search Results

Use this URL to submit directly:
[support.google.com/websearch
/troubleshooter/9685456](https://support.google.com/websearch/troubleshooter/9685456)

Select: 'I want to remove
personal info I see in Google
Search results'

Then: 'An image of me appears
in search results'

Fill in the URLs of the specific
images you want de-indexed.

TIP

Always be polite but firm. Threats and hostility make people less likely to help. A professional, specific request with a clear deadline gets the best results.

Advanced Search Strategies

The basic process catches most photos. But if you want to be thorough, there are additional search strategies that find things the standard reverse image search misses.

Name-Based Deep Search

DEEP NAME SEARCH PROMPT

With Agent Mode still on, do a
deep search for photos of me
using these strategies:

1. Search Google for:

"[YOUR NAME]" + "photo"

"[YOUR NAME]" + "pic"

"[YOUR NAME]" + "image"

2. Search for my name on:

- People search sites

(Spokeo, WhitePages,

BeenVerified, Pipl)

- Event/conference sites

- Alumni directories

- Company about pages

- News articles

3. Search for my social media

usernames across platforms.

Add any new results to our

master list.

Old Social Media Accounts

Forgotten social media accounts are one of the biggest sources of leaked photos. You probably had a MySpace, Tumblr, Google+, or early Facebook account with photos you haven't thought about in years. Those photos are often still publicly visible.

FORGOTTEN ACCOUNTS SEARCH

Search for old accounts or
profiles that might belong to me
on these platforms:

- MySpace
- Tumblr
- Flickr
- Google+ archives
- Photobucket
- Pinterest
- Reddit (with my username if I share it with you)
- Old forum profiles

Search using my full name, common usernames, and email address.
List anything you find with links.

Data Broker Cleanup

Data broker sites aggregate public information about you, including photos. These are the sites that show up when someone Googles your name. Each one has an opt-out process, but they're all different.

DATA BROKER OPT-OUT PROMPT

Search these data broker sites for my profile and find the opt-out page for each one:

- Spokeo.com
- WhitePages.com
- BeenVerified.com
- Radaris.com
- FastPeopleSearch.com
- Thatsthem.com
- TruePeopleSearch.com

For each site where you find me, give me the exact opt-out URL and step-by-step instructions to remove my profile and photos.

AUTOMATED DATA BROKER REMOVAL

Services like DeleteMe (\$129/year), Canary, and Optery will monitor data broker sites and submit removal requests for you automatically. If you find yourself on more than five or six broker sites, a paid service can save hours of manual work.

Troubleshooting Common Issues

Agent Mode doesn't always work perfectly. Here are the most common problems and exactly how to fix them.

Problem	Why It Happens	What to Do
ChatGPT says it can't do reverse image search	Some sites block automated image uploads	Ask ChatGPT to navigate to the tool and describe what it sees. Or use the manual search tools in Step 4.
Agent Mode keeps timing out	Complex searches take longer than the default timeout	Break the search into smaller pieces. Search one site at a time instead of all at once.
ChatGPT can't access a site	Some sites block ChatGPT's browser or require login	Visit the site yourself and paste the results back into the conversation for ChatGPT to analyze.
Results are mostly wrong matches	Common appearance features match too many people	Upload additional photos from different angles. Add more identifying details to your profile.
Removal request was ignored	Many sites have slow or no response processes	Send a follow-up after 14 days. If still ignored, file a complaint with your local data protection authority.
Photo keeps reappearing	Cached versions, mirrors, or re-uploads	Use Google's URL removal tool for cached copies. Set up ongoing monitoring (see next chapter).

If Agent Mode Won't Search

If ChatGPT's Agent Mode can't upload your image directly to a reverse image search tool, here's the workaround. Do the reverse image search yourself, then bring the results back to ChatGPT for analysis.

WORKAROUND PROMPT

```
I ran a reverse image search myself
and here are the results I found:

[Paste your search results here,
including URLs and descriptions]

Analyze each result. For every one
that appears to be a photo of me:

1. Visit the URL and confirm
2. Note who appears to have posted
it and when
3. Check if there's a way to
request removal
4. Add it to our master list
```

Set Up Ongoing Monitoring

Finding your photos once is not enough. New photos of you can appear at any time. Someone tags you, a news article uses your photo, a company puts you on their website. You need a system that catches new appearances automatically.

Google Alerts

Google Alerts sends you an email whenever new content matching your search terms appears on the web. Set up alerts for your name to catch new photos as they're posted.

GOOGLE ALERTS SETUP PROMPT

```
Help me set up Google Alerts for
ongoing monitoring. Go to
google.com/alerts and tell me
exactly what alerts to create.
```

```
I want alerts for:
```

- My full name in quotes
- My name + my company name
- My name + my city
- My common usernames

```
For each alert, tell me the exact
search query to use and what
settings to choose (frequency,
sources, language, region).
```

Quarterly Photo Audit

Every three months, run the full search process again. New photos appear constantly, and old removal requests sometimes get reversed. A quarterly check keeps you on top of it.

QUARTERLY AUDIT PROMPT

```
It's time for my quarterly photo
audit. Using my photo and profile
from our previous conversation,
run the full search again:
```

1. Reverse image search my photo
2. Search my name across all
major platforms

3. Check data broker sites

4. Compare results to my previous
list and flag anything new

For any new results, draft removal
requests using the same format
as before.

SET A REMINDER

Open your calendar right now and set a recurring quarterly reminder to run this audit. The first search takes the longest. Each follow-up takes about 15 minutes because you already have your profile built and your previous list to compare against.

Privacy Beyond Photos

Once you've cleaned up your photo footprint, there's more you can do to protect your privacy online. These are additional steps worth taking while you're in privacy mode.

Action	What It Does	How Long It Takes
Google yourself	See what anyone finds when they search your name	5 minutes
Review social media privacy settings	Make sure old posts and photos are set to private, not public	15 minutes per platform
Check tagged photos on Facebook	Find every photo someone else tagged you in	10 minutes
Review Google Photos sharing	Make sure shared albums aren't publicly visible	5 minutes
Opt out of data brokers	Remove your personal info from people-search sites	30 to 60 minutes
Disable facial recognition	Turn off face tagging on Facebook and Google Photos	2 minutes
Set up 2FA on all accounts	Prevents unauthorized access to your photo galleries	20 minutes

FULL PRIVACY AUDIT PROMPT

I want to do a complete privacy audit of my online presence. Walk me through each of these steps:

1. What comes up when you Google my name (do the search now)
2. Which data broker sites have my info
3. What personal details are publicly visible on my social media accounts
4. Whether my email has been in any known data breaches (check haveibeenpwned.com)

Give me a privacy score from 1-10 and specific steps to improve it.

Quick Reference

The Full Process Checklist

Step	Action	Time
1	Upload selfie and build facial profile	5 min
2	Enable Agent Mode in ChatGPT	1 min
3	Run reverse image search prompt	10-15 min
4	Search dedicated tools manually (Google, TinEye, Yandex, PimEyes)	15-20 min
5	Compile master results list	5 min
6	Generate custom removal requests	5-10 min
7	Submit removal requests to each site	20-30 min
8	Set up Google Alerts for monitoring	5 min
9	Schedule quarterly follow-up audit	1 min

All Search Tools in One Place

Tool	URL	Free?
Google Images	images.google.com	Yes
TinEye	tineye.com	Yes (limited)
Yandex Images	yandex.com/images	Yes
PimEyes	pimeyes.com	Free preview, paid for full results
Bing Visual Search	bing.com/visualsearch	Yes
Social Catfish	socialcatfish.com	Paid
Google Alerts	google.com/alerts	Yes
Have I Been Pwned	haveibeenpwned.com	Yes

START RIGHT NOW

Open ChatGPT, upload a selfie, and paste the facial profile prompt from page 3. The whole process takes under an hour. You might be surprised at what you find.

Want More AI Tips Like This?

I post daily AI content, tool breakdowns, and prompts that actually help you get more done. Follow me for the latest.

@MavGPT

TikTok | Instagram | Facebook

Your photos. Your privacy. Now you control both.