

# DISENGAGE

*Opting Out—and Finding New Options—to Reclaim the Internet from Spammers, Scammers, Intrusive Marketers and Big Tech*

# WORKSHEETS



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These printable worksheets go along with the book *DISENGAGE*, which is available for free in EPUB and PDF versions at [PunchingUpPress.com](https://PunchingUpPress.com). They're meant to help you clarify your goals, gather resources, and develop plans as you reclaim your money, data, labor, attention, and permission from those who would abuse them.

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# NOTES ON PART 1

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Why do I want to disengage?

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What information about myself or my family do I consider off-limits for corporate surveillance?

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Where do I experience surveillance capitalism online or in my life?

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Where have I noticed chokepoint capitalism? Where is there a useless business getting between me and a product or service I want to download, use, or purchase?

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How has corporate surveillance affected my relationships or the public spaces I use?

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# NOTES ON PART 2

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Which steps will I take to keep my personal data from falling into the hands of surveillance capitalists?

- Download the [free spreadsheet](#) and work on my accounts: delete ones I don't use, request data deletion, edit my personal information, or update my privacy preferences.
- Hire a company like [DeleteMe](#) to remove my info from people-search sites, or go through the list in the spreadsheet manually to opt out of these sites.
- Use a cookie-blocking extension or reject all cookies in my browser.
- Clear cookies from my computer.
- Get a secondary phone number.
- Disable location services on my phone or on certain phone apps.
- Get a secondary email address.
- Use a service to create masked emails.

Delete these loyalty accounts:

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Delete/replace/update the privacy settings on these apps:

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Other:

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What obstacles are keeping me from accomplishing the tasks I want to do?

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How can I overcome these obstacles?

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What resources do I need in order to accomplish these tasks, and where can I get them?

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I plan to have these tasks completed by DATE:

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# NOTES ON PART 3

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When I get a PO Box, these are the people, businesses, and accounts I'll need to update:

\_\_\_\_\_  Updated? \_\_\_\_\_  Updated?

\_\_\_\_\_  Updated? \_\_\_\_\_  Updated?

\_\_\_\_\_  Updated? \_\_\_\_\_  Updated?

\_\_\_\_\_  Updated? \_\_\_\_\_  Updated?

\_\_\_\_\_  Updated? \_\_\_\_\_  Updated?

I need to ask these websites/people/government websites to remove my home address:

\_\_\_\_\_  Completed? \_\_\_\_\_  Completed?

\_\_\_\_\_  Completed? \_\_\_\_\_  Completed?

\_\_\_\_\_  Completed? \_\_\_\_\_  Completed?

\_\_\_\_\_  Completed? \_\_\_\_\_  Completed?

Real estate sites to claim my home on/remove interior photos from:

- Zillow
- Redfin
- Realtor.com
- Other \_\_\_\_\_

I need to ask these map apps to blur my home images:

- Google Street View
- Apple Maps Street View
- Other \_\_\_\_\_

Which of the smart products in my home actually improve my life?

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Here's how I plan to keep the smart products in my home from tracking me:

- |               |                                  |   |   |
|---------------|----------------------------------|---|---|
| Product _____ | <input type="checkbox"/> Replace | <input type="checkbox"/> Update privacy | <input type="checkbox"/> Delete conversations |
| Product _____ | <input type="checkbox"/> Replace | <input type="checkbox"/> Update privacy | <input type="checkbox"/> Delete conversations |
| Product _____ | <input type="checkbox"/> Replace | <input type="checkbox"/> Update privacy | <input type="checkbox"/> Delete conversations |
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| Product _____ | <input type="checkbox"/> Replace | <input type="checkbox"/> Update privacy | <input type="checkbox"/> Delete conversations |

To Do List:

Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

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Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

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# NOTES ON PART 4

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Forum accounts I want to delete posts on/delete entirely:

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

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Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Forum \_\_\_\_\_  Delete posts  Delete account  Completed?

Sites I plan to remove my reviews from:

Site: \_\_\_\_\_  Completed?

Site: \_\_\_\_\_  Completed?

Site: \_\_\_\_\_  Completed?

Site: \_\_\_\_\_  Completed?

Site: \_\_\_\_\_  Completed?

Site: \_\_\_\_\_  Completed?

Does social media really help me with my career? If so, what's the one platform that has the most impact?

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How else can I accomplish the tasks I use social media for?

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What am I missing by seeing everything through a camera lens?

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Do I need the information I get from social media? Why or why not?

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Are the people on social media close enough friends for me to deal with the inconveniences of the platforms?

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If I decide to use the POSSE method, what resources do I need to study/find/get?

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What apps can I use to limit my time on social media?

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What obstacles are keeping me from moving away from social media?

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How can I overcome these obstacles?

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To Do List:

Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

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Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

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# NOTES ON PART 5

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What are the top reasons I find myself going online when I don't really need to?

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What can I do instead of going online when I don't need to?

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What are my top reasons for needing a smartphone?

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What are the disadvantages to the way I use my smartphone?

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What problems and inconveniences might come up if I get rid of my smartphone?

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What are some ideas for dealing with those problems and inconveniences?

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Smartphone alternatives to check out:

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What if I try a dumb phone or semi-smart phone and it doesn't work out? What would I do then?

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What obstacles are keeping me from moving from Google, Apple, Microsoft, and Amazon to more ethical alternatives?

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How can I overcome these obstacles?

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# NOTES ON PART 6

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Which Google, Apple, and Microsoft products do I want to stop using?

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Alternative products to check out:

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If my friends, family members, or work colleagues depend on products I want to stop using—for example, Google Docs or iCal—how can I still collaborate with them?

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If I move to a new email provider, these are the people and businesses I'll need to alert:

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Where can I get hard-copy books, ebooks, and audio books instead of Amazon?

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What other products do I depend on Amazon for?

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Where else can I find these products?

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What obstacles are keeping me from moving from Google, Apple, Microsoft, and Amazon to better alternatives?

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How can I overcome these obstacles?

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To Do List:

Task: \_\_\_\_\_ Deadline: \_\_\_\_\_  Completed?

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