

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 LindaFormichelli.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

Why do I want to disengage?

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

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

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?

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

NOTES ON PART 2

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:

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

Other:

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

How can I overcome these obstacles?

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

I plan to have these tasks completed by DATE:

NOTES ON PART 3

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?

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

- Product _____ Replace Update privacy Delete conversations
- Product _____ Replace Update privacy Delete conversations
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To Do List:

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

NOTES ON PART 4

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?

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?

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?

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

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

Do I need the information I get from social media?

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

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

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

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

How can I overcome these obstacles?

To Do List:

Task: _____ Deadline: _____ Completed?

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NOTES ON PART 5

What are the top reasons I find myself going online when I don't really need to? (Bored in a waiting room, want to look up a random fact, etc.)

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

What are my top reasons for needing a smartphone?

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

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

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

Smartphone alternatives to check out:

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

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

How can I overcome these obstacles?

NOTES ON PART 6

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

Alternative products to check out:

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

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

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

What other products do I depend on Amazon for?

Where else can I find these products?

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

How can I overcome these obstacles?

To Do List:

Task: _____ Deadline: _____ Completed?

Task: _____ Deadline: _____ Completed?

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