



// SECTION 01 • PROMPT PACK

GHOST PROTOCOL



Four prompts that turn Claude into your personal data-removal team. Find every site exposing your address and phone, draft the removal requests, submit them for you, and recheck every week until you are gone.

```
> boot opusjake_os
> resource: erase-your-footprint
> version: v1.0 • 2026
> status: ready_
```

Your home address, your phone number, and a map of everyone you live with are sitting on hundreds of data-broker and people-search sites right now. You never put them there. The brokers scraped them and sell them for a few dollars a lookup.

This is the exact four-prompt sequence I ran to find every one of those sites and submit the removal requests automatically. You stay in one Claude chat the whole time. The last prompt sets it to repeat every week so the sites that quietly re-list you get hit again until you stop showing up.

Run them in order. Copy each prompt as-is and swap in your real details where marked.

THE SCAN



First, find out who is exposing you. This prompt sends Claude across the web to build the actual list, with the opt-out link for each site so you are not hunting for removal pages yourself.

// PROMPT 1 – FIND EVERY SITE

Search the internet for everything you can find about me.

Name: [YOUR FULL NAME]

City/State: [CITY, STATE]

Approx age: [AGE]

Old or current emails: [EMAIL 1, EMAIL 2]

List every data broker and people-search site that is exposing my information. For each one, give me: the site name, exactly what of mine it shows (address, phone, relatives, etc.), and the direct opt-out or removal link. Put it in a table I can work down one row at a time.

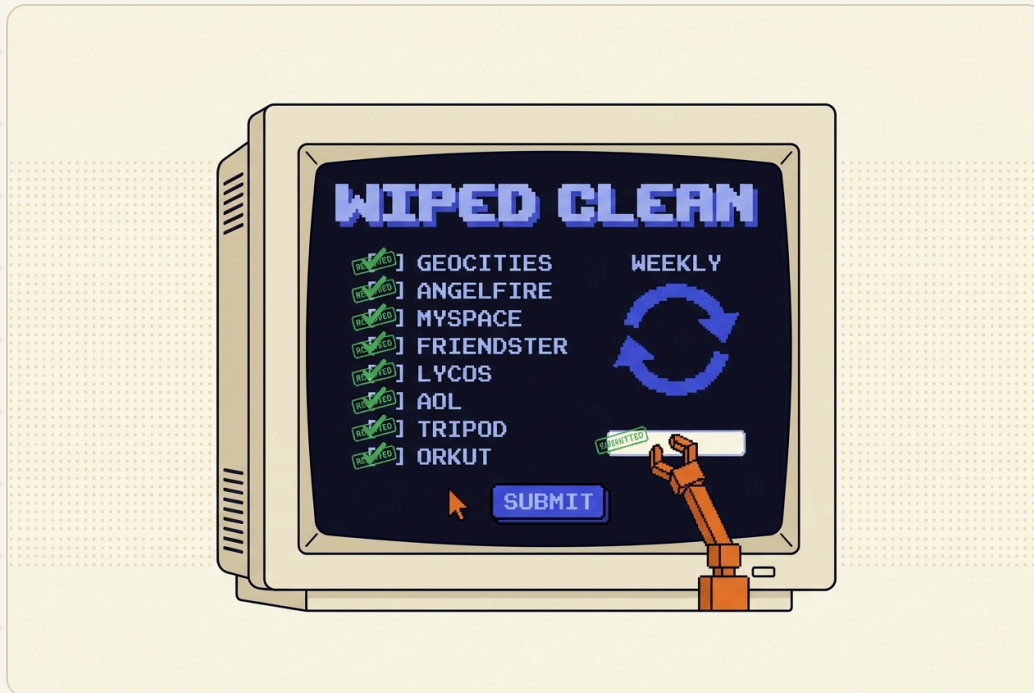
The first time I ran this it surfaced sites I had never heard of, holding my address and phone. That is normal. The list is the point.

// PROMPT 2 – DRAFT THE REMOVAL REQUESTS

Stay in the same chat. Claude already has the table, so now it writes the actual request each site wants.

For every site in that table, write the exact removal request I should send. Match each site's process: a filled-out opt-out form, the email text and the address to send it to, or the steps to follow on their removal page. Keep my details consistent across all of them.

THE SWEEP



Here is the part that saves the afternoon. Turn on Cowork so Claude gets its own browser, then let it work down the list and submit each request for you.

// PROMPT 3 – SUBMIT THEM FOR ME

Turn on Cowork first, then send this:

Go to every site in that table and submit the removal request for me. Open each opt-out page, fill in the form with my details, and complete the submission. If a site needs email confirmation, tell me which inbox to check. Mark each row done, skipped, or needs-me as you go.

Claude opens its browser and works the list. Some brokers require an email or text confirmation to finish. That is the one part only you can click, so keep the tab handy.

// PROMPT 4 – KEEP ME GONE

Data brokers re-list people constantly. One pass is not enough. This prompt builds a scheduled task that re-runs the whole thing on a weekly loop.

Set up a scheduled task that runs every week. Each week, recheck every site on my list, confirm I am still removed, and resubmit the removal request for any site that re-listed me or ignored the last one. Keep going every week until I no longer appear on any of them, then send me a short summary of what is left.

Now it runs on its own. Each week it rechecks, resubmits where you crept back, and reports what is left until the list is empty.

BEFORE YOU RUN IT

A few things worth knowing so this goes smoothly.

- **Use a dedicated email.** Some opt-outs ask you to verify by email. A separate address keeps the confirmations in one place and out of your main inbox.
- **Removals take time.** Most brokers process within a few days to a few weeks. The weekly task is what catches the slow ones and the re-lists.
- **It is your data, your call.** You are only removing your own information from sites that are publishing it. Keep a copy of what you submit in case a site asks you to confirm.
- **Check the confirmations.** The scheduled task does the work, but you still click the verification links. Skip those and the request stalls.

THE USUAL SUSPECTS

If you want to sanity-check Claude's list, these are the brokers that show up most. Seeing your own name on any of them is the fastest way to understand why this is worth an hour.

- Whitepages
- Spokeo
- BeenVerified
- Intelius
- PeopleFinders
- Radaris
- MyLife
- TruePeopleSearch
- Instant Checkmate
- US Search

Run Prompt 1 tonight. Worst case you confirm you are clean. Best case you find the ten sites quietly selling your address and start the clock on getting them down.