

# DISENGAGE VORKSHEETS

# ABOUT THE WORKSHEETS

These printable worksheets go along with the book *Disengage*, which is available for free at <u>Punching Up Press</u>. 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.

If you'd like to get in touch, please reach out at punchingUPpress@proton.me. You can also <u>visit the website</u> to subscribe to ad-free, no-spam, rarely sent Punching Up Press emails.

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?

#### To do list:

Task	Deadline	Completed?
Task	Deadline	Completed?

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 peoplesearch 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.

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

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

Other tasks I'd like to do:

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

How can I overcome these obstacles?

I plan to have these tasks completed by DATE:

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

#### To do list:

Task	Deadline Completed?
Task	Deadline Completed?

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

Updated?	Updated?
Updated?	Updated?

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

Completed?	Completed?
Completed?	Completed?

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

Zil	llow

🗌 Redfin

□ Realtor.com

□ Other \_\_\_\_\_

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

□ Google Stret View

□ Apple Maps Street View

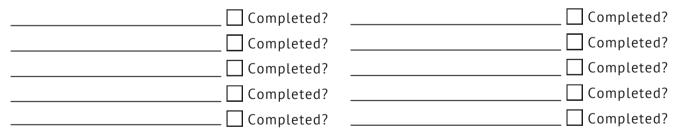
🗌 Other

#### 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
Product	Replace	Update privacy	Delete conversations
Product	Replace	Update privacy	Delete conversations
Product	Replace	Update privacy	Delete conversations

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



#### To do list:

Task	Deadline	Completed?
Task	Deadline	Completed?

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

Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
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Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?
Account	Delete posts	Delete account	Completed?

#### Sites I plan to remove my reviews from:

Site	Completed?
	Completed?
	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?

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

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

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?
Task	Deadline Completed?

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

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

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 news sources do I use right now?

What are some non-corporate, reader-supported news outlets I can support instead?

#### To do list:

Task	Deadline	Completed?
Task	Deadline	Completed?

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 Docs 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 Com	pleted?
Task	Deadline Com	pleted?
Task	Deadline Com	pleted?