



# DISENGAGE WORKSHEETS

## ABOUT THE WORKSHEETS

These printable worksheets go along with the book *Disengage*, which is available for free at [Punching Up Press](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.

If you'd like to get in touch, please reach out at [punchingUPpress@proton.me](mailto:punchingUPpress@proton.me). You can also [visit the website](https://punchinguppress.com) to subscribe to ad-free, no-spam, rarely sent Punching Up Press emails.

# NOTES ON PART 1

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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# NOTES ON PART 1

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

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## To do list:

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## 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.

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

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## NOTES ON PART 2

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

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Other tasks I'd like to do:

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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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## NOTES ON PART 2

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?

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## NOTES ON PART 3

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

_____	<input type="checkbox"/> Updated?	_____	<input type="checkbox"/> Updated?
_____	<input type="checkbox"/> Updated?	_____	<input type="checkbox"/> Updated?
_____	<input type="checkbox"/> Updated?	_____	<input type="checkbox"/> Updated?
_____	<input type="checkbox"/> Updated?	_____	<input type="checkbox"/> Updated?
_____	<input type="checkbox"/> Updated?	_____	<input type="checkbox"/> Updated?

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

_____	<input type="checkbox"/> Completed?	_____	<input type="checkbox"/> Completed?
_____	<input type="checkbox"/> Completed?	_____	<input type="checkbox"/> Completed?
_____	<input type="checkbox"/> Completed?	_____	<input type="checkbox"/> Completed?
_____	<input type="checkbox"/> Completed?	_____	<input type="checkbox"/> Completed?
_____	<input type="checkbox"/> Completed?	_____	<input type="checkbox"/> 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 Stret View
- ☐ Apple Maps Street View
- ☐ Other



## NOTES ON PART 3

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

_____ <input type="checkbox"/> Completed?	_____ <input type="checkbox"/> Completed?
_____ <input type="checkbox"/> Completed?	_____ <input type="checkbox"/> Completed?
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To do list:

Task _____	Deadline _____	<input type="checkbox"/> Completed?
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## NOTES ON PART 4

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

Account _____	<input type="checkbox"/> Delete posts	<input type="checkbox"/> Delete account	<input type="checkbox"/> Completed?
Account _____	<input type="checkbox"/> Delete posts	<input type="checkbox"/> Delete account	<input type="checkbox"/> Completed?
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Account _____	<input type="checkbox"/> Delete posts	<input type="checkbox"/> Delete account	<input type="checkbox"/> Completed?

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

Site _____	<input type="checkbox"/> Completed?
Site _____	<input type="checkbox"/> Completed?
Site _____	<input type="checkbox"/> Completed?
Site _____	<input type="checkbox"/> Completed?
Site _____	<input type="checkbox"/> Completed?

## NOTES ON PART 4

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

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

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## NOTES ON PART 4

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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# NOTES ON PART 4

How can I overcome these obstacles?

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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?

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

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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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## NOTES ON PART 5

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 news sources do I use right now?

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## NOTES ON PART 5

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

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### To do list:

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## NOTES ON PART 6

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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## NOTES ON PART 6

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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# NOTES ON PART 6

How can I overcome these obstacles?

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To do list:

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