

Unsubscribing from Spam Emails without Clicking Links

PULSAR
SECURITY



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We all get so many spam emails, but there are “Click Here” to unsubscribe links most of the time.

However, it can be incredibly frustrating when you get spam emails with subject lines like “click here to unsubscribe,” especially when the links within the email take you to a page that looks nothing like an un-subscription page. So how do you unsubscribe from those emails without clicking the links?

We will show you how to unsubscribe from spam emails without clicking any links in this post. Stay tuned!

What Are Spam Emails?

First, let’s understand more about spam emails. They are unsolicited commercial messages that are sent in bulk. Businesses typically send them in an attempt to market their products or services, but they can also be sent for scams or phishing purposes.

Spam emails often contain little to no actual content and are usually sent from **spoofed or fake email addresses**. As a result, they can be challenging to block or filter, and because of the potential dangers, it is essential to be aware of spam emails and know how to deal with them.

One way to protect yourself is to never click on any links or attachments in a spam email. If you accidentally open one, delete it immediately and do not reply to it. You should also report spam emails to your email provider so that they can take steps to reduce the amount of junk mail you receive.

How To Find Unwanted Emails?

If you are constantly searching through your inbox in a desperate attempt to find unwanted emails, some simple tricks can help you clear out the clutter and find what you need.

The first step is eliminating all of the automated emails you receive regularly. Such emails could include messages from social media sites, online shopping portals, or company newsletters you are no longer interested in. Once these types of emails are out of the way, it is much easier to focus on finding those few important **messages that you need to pay attention to.**

Another helpful trick for locating unwanted emails is to stay organized in your inbox by creating labeled folders for specific messages, such as work-related emails, personal emails, online receipts, etc. It is easy to streamline your inbox and eliminate those pesky unwanted emails with a little effort and organization!



Why It's Important to Unsubscribe from Unwanted Emails

It's critical to understand the two different kinds of emails that appear in your inbox. The first category comprises emails from businesses you know. Generally, these emails inform you of new services available through a company's website or app. The second category of emails consists of **spam from businesses or senders** you have no affiliation. This type of communication enters your mailbox without your consent.

You should avoid receiving emails from unknown senders, but you should also limit the number of subscribed emails that are unimportant to you.

These are two reasons why removing unwanted emails from your inbox is critical.

- **Cleaning out your Email makes you more productive at work.** Unwanted and unsolicited emails make it more challenging to locate crucial information in your inbox, which can clog your email. Cleaning out your inbox and unsubscribing from nonessential senders will enable you to do more with less effort.
- **Unwanted emails might include viruses, cons, or links to harmful websites.** As the amount of malware distributed worldwide increases, and the schemes become more complex, they become increasingly difficult to detect. Malware may steal your data, monitor your online activity, and slow down your computer if you don't remove its sources.

Unsubscribe From “Click Here to Unsubscribe” Without Clicking Links

At first glance, unsubscribing from an unwanted email may seem daunting. You are often presented with a maze of links and forms that seem deliberately designed to confuse you and keep you clicking. However, there are relatively simple solutions to this problem.

The strategies outlined in this article will teach you how to get yourself out of marketing chains you’ve willingly joined and other malicious spam emails. But most importantly, our recommendations show you **how to stop spam emails** without clicking unsubscribing links, potentially leading to malicious websites.

1

Use a Reputable Email Cleaner

Gmail allows you to keep a clean inbox through email management tools that help group, organize, delete, label, and archive emails.

The best approach to get rid of spam is to use a tool such as the SpamAssassin. Using such solutions can save time and effort since they offer the following capabilities:

- Unsubscribing from unsolicited communications
- Using the bulk method to delete, label, archive, and relocate hundreds of emails at once instead of one by one
- Using email bundles to make it easier to review and manage your emails

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- Automating simple actions in your inbox
- Using the ‘read later’ option to get reports for emails you want to leave unread for future reasons

2

Email the Sender and Ask Them to Remove Your Address from their Contact List

Responding to a sender is one approach to removing these unsolicited emails from your inbox. This technique only works with specific senders because some emails come from do-not-reply sources. However, this is an appropriate approach to try without having an unsubscribe link in your Email. Prepare a message stating that you wish to be removed from the list and include a reason for leaving the marketing list if you'd like.

3

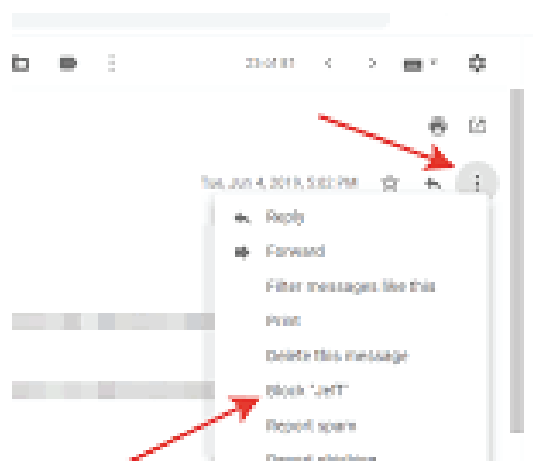
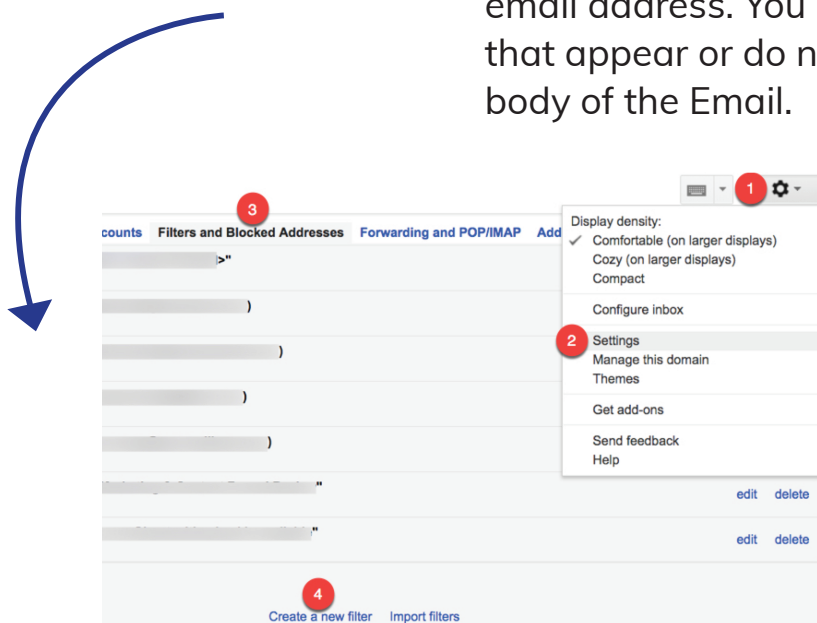
Filter Messages from Companies in Your Inbox

The majority of email services provide a mechanism to isolate emails. For example, follow these steps in your email to filter your inbox (assuming you use Gmail).

- Sign in to your email account.
- Locate the “Settings” icon in the top right corner of your screen.
- In the top navigation bar, choose “Filters and Blocked Addresses.”

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- Create a new filter from the drop-down menu in the screen center.
- The filters will appear in the form of a drop-down menu. Next, you may select to filter by a particular email address. You can also choose specific words that appear or do not appear in the subject line or body of the Email.



4

Block the Sender

Sometimes, you grow weary after receiving many emails from a particular firm or brand. If you are no longer interested in their offers, block the sender using your email account. For instance, Gmail users can follow these procedures to block a sender:

- Open the email from the sender.
- In the right-hand corner of the email, click the three vertical dots.
- Choose “Block Sender.”

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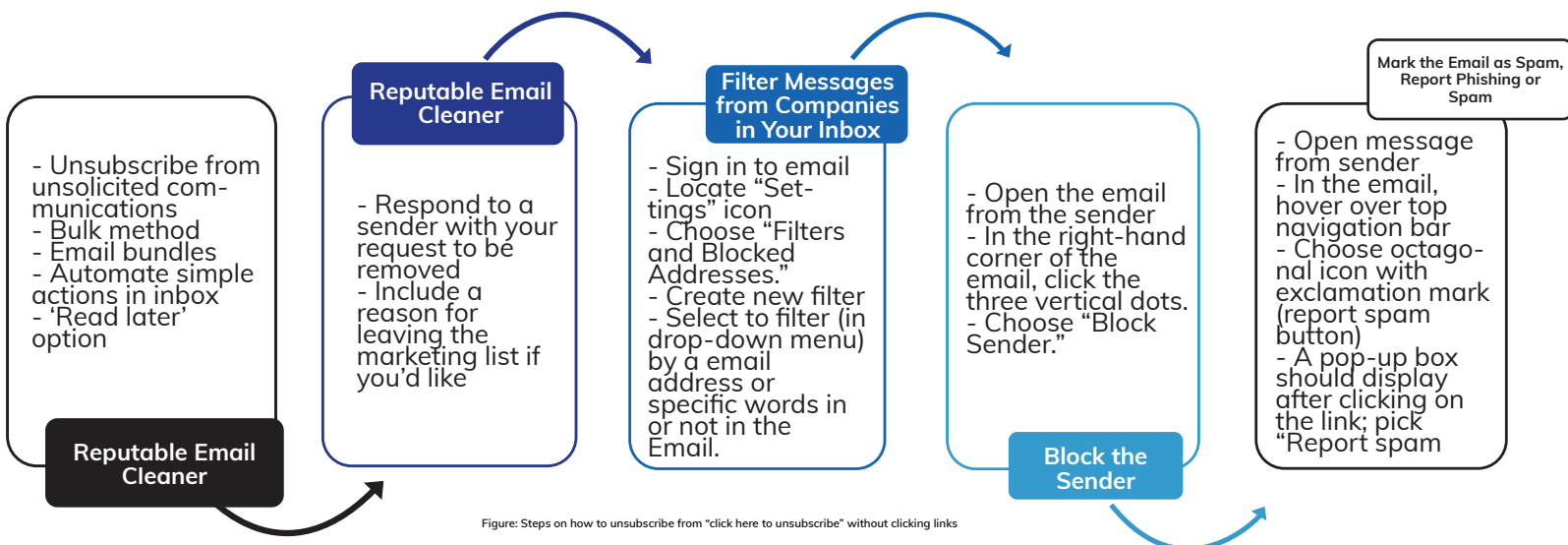
5

Mark the Email as Spam, Report Phishing or Spam

Reports can be added to a sender’s block list, and the spam reporting option is similar. Emails without an unsubscribe link will be removed if you report them as spam, just like the block sender function.

In Gmail, follow these steps to classify an email as spam.

- Open a message addressed to you from the sender.
- In the Email, hover over the top navigation bar.
- Choose the octagonal icon with an exclamation mark; it’s the report spam button.
- A pop-up box should display after clicking on the link; pick “Report spam and unsubscribe.”



How To Protect Your Email Address from Spam

1

Use a Reliable Spam Filter

A straightforward solution is to use a reliable spam filter. Most email providers offer **protection against spam**, and many third-party options are available.

2

Create a Disposable Email Address

Another effective solution is to use a disposable email address. These temporary addresses can be used to sign up for online accounts and subscribe to newsletters, and they can be easily discarded if they start to receive too much junk mail. Taking simple precautions can help keep your inbox clean and reduce the risk of being exposed to harmful spam.

3

Maintain Robust and Up-to-Date Anti-virus and Anti-Spam Protection

Perhaps the most important thing is maintaining a robust and up-to-date antivirus and anti-spam protection on your devices. The tools scan incoming emails and sort them into the appropriate categories, ensuring that only legitimate messages make it to your inbox.

4 Be Vigilant

It is essential to be careful about which websites you provide your email address to, as this can significantly increase your risk of receiving unwanted emails. Finally, you may also consider using filters or labels in your email client to quickly identify and manage any suspicious or junk messages that slip through. Following these tips and taking a proactive approach can effectively keep your inbox free from spam.

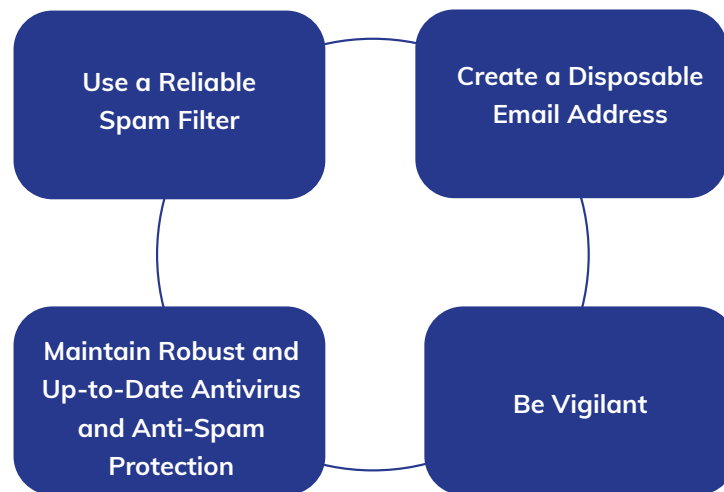


Figure: The steps to protect your email address from spam.

Conclusion

Spammers are getting more innovative and sophisticated in their tactics, but so are email providers. The good news is that there are ways to unsubscribe from spam emails without clicking on links. In this article, we've outlined the methods for doing just that. We hope you find them helpful!

About Pulsar Security

Pulsar Security is a team of highly trained and qualified ethical hackers whose job is to leverage cybersecurity experience and proprietary tools to help businesses defend against malicious attacks. Pulsar is a Veteran, privately owned business built on vision and trust, whose leadership has extensive military experience enabling it to think strategically and plan beyond the problems at hand. The team leverages offensive experience to offer solutions designed to help analyze and secure businesses of all sizes. Our industry experience and certifications reveal that our engineers have the industry's most esteemed and advanced on the ground experience and cybersecurity credentials.