Instant Shadowban Recovery — @sample_creator_demo

UNMUTELY

Sample Creator (demo) · scanned November 12, 2026

High risk detected

1,850 followers · 2,400 following · niche: gaming

View this report online: https://unmutely.io/x-shadowban-recovery/example

X is filtering this account — pause, clean up, then ramp back slowly.

This scan confirmed a search ban and a ghost ban, and flagged a possible search suggestion ban. Outside the visibility checks, this scan flagged Content risk, Follower / following ratio, Dead & bot following check and Reach (impressions), with median views per post down 69.7%. Two decisive probes came back confirmed, so posts from this account are not reaching people who don't already follow it. The fastest thing that helps is to stop adding new signal for a few days, remove the posts X has already acted on, and cut the repeated stream announcements down to one per stream.

1. Freeze all activity — starting now DO NOW

From this moment, stop posting, liking, replying, reposting, bookmarking, following, and unfollowing beyond the cleanup. The only things to do on X are the cleanup steps below (removing posts, undoing reposts, unfollowing, fixing settings). When the cleanup is finished, keep the freeze for another 2–5 days, then re-scan.

Why: A short pause is commonly reported to help direct visibility restrictions cool off — community-reported guidance, not a guarantee from X. Recovery time varies: in accounts we re-checked, a confirmed X search ban often lasted more than a week, so a re-scan right after the pause may still show it.

2. Review and clean up the flagged content DO NOW

X itself labeled 2 of your posts — delete those first. Then go through the rest of the 13 items listed under Content risk and remove what you confirm is against X's rules, heavily promotional or repetitive — in batches of up to 10, 1–2 days apart, inside the freeze. Undo a flagged repost rather than deleting anything. Don't bulk-delete normal posts. From now on, keep new posts and replies clear of what you remove: X's rules apply to everything you post next, and new items like these can undo the cleanup.

Why: X labeled 2 posts as limited or in breach of its rules; everything else listed is our review candidate, not a confirmed violation.

3. Unfollow the accounts we flagged DO NOW

We reviewed your 200 most recent follows, checked the 10 most suspicious-looking, and found 3 accounts to clean up: 1 restricted (@giveaway_relay_hq), 1 suspended or deleted (@follow4follow_bot) and 1 abandoned (@dormant_clipper_demo). Unfollow them — a few at a time, not in one sitting. Unfollowing is part of the cleanup, so it is allowed during the freeze.

Why: Following restricted, suspended or abandoned accounts is a spam-network signal. Removing them is cheap and leaves nothing for X to associate you with.

We checked a sample of the accounts you follow. We recommend a full following check to find and remove all the bots and suspicious accounts you follow. Run a full following check for @sample_creator_demo →

4. Watch your impressions LATER

Your impressions per post are down against your own baseline. Once you are posting again after the pause, re-scan when at least 6 new standalone posts have had 48 hours to settle, to see whether the drop persists or returns to its usual range.

Why: The reach block measured a decline against this account's own baseline.

5. Improve your follower/following ratio gradually LATER

Once you resume activity, keep new follows paused while the ratio is above the healthy band. Do not bulk-unfollow: grow organically and remove only accounts you genuinely no longer want to follow, gradually.

Why: The current ratio is outside the range we suggest for this account. A snapshot does not prove mass-following behavior.

Avoid for now:

- Buying followers or engagement
- Bulk-deleting normal posts
- Mass-unfollowing in one sweep
- Making a second account to get around it

Next scan: Scan again once the cleanup batches are done and the 2–5 day freeze has run its course, to see whether the restriction has lifted.

Diagnosis

Shadowban / ghost-ban

AT RISK

One or more shadowban signals are confirmed for @sample_creator_demo — its reach to non-followers is being filtered. See the flagged checks below.

CHECK	RESULT	DETAIL
Profile visibility	CLEAR	The account is public — its profile and posts are reachable by anyone.
Search ban	CONFIRMED	Recent posts from this account are missing from an X search for its own text, run from an account that isn't its own.
Search suggestion ban	CONFIRMED	The handle does not appear in the ranked people-search page.
Ghost ban (replies hidden)	CONFIRMED	A reply from this account sits behind the hidden-replies barrier for outside viewers.
Reply deboosting	CLEAR	Replies were served in the normal thread order.
Sensitive-media flag	CLEAR	None of your last 7 media posts carry X's sensitive-media flag.

Posting cadence

OK

You're posting ~2.1/day, within our heuristic comparison band (2–10/day), not a published platform limit.

Posts per day	2.1
Comparison band	2–10/day
Posts analyzed	95

Reply cadence

OK

You averaged ~9 replies/day over the last seven days and peaked at 17 in one rolling day. This check found no high-volume flag; X does not publish a guaranteed safe reply limit.

Replies to others per day	9.0
Peak in 24h	17
Automation pattern	not detected

DATE	REPLIES
2026-11-06	17
2026-11-07	6
2026-11-08	9
2026-11-09	5
2026-11-10	11
2026-11-11	6
2026-11-12	9

Repost cadence

OK

You're reposting ~1.3/day, within the ~22/day we'd suggest for an account this age and size. That's our heuristic comparison band, not a published platform limit. While the restriction is active, pause reposting entirely — the freeze in the recovery plan covers it.

Reposts per day	1.28
Suggested maximum	22/day
Reposts as a share of activity	18%
Most in one hour	1 (suggested 5)
Reposts analyzed	35

Follower / following ratio

WARNING

You follow 2,400 against 1,850 followers — a ratio outside the range we suggest for this account. It can resemble follow-for-follow positioning, but this snapshot does not prove mass following or that X changed your reach. Pause new follows while the ratio is high, and remove only accounts you no longer want to follow, gradually.

Followers	1,850
Following	2,400
Following / followers ratio	1.3

Content risk

AT RISK

X itself labeled 2 of your posts — review those first. Our AI flagged possible rule-breaking content in 5 posts and 1 repost.

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225 items analyzed · 95 posts · 95 replies · 35 reposts · 2 labeled by X · 5% near-duplicate among 140 comparable items

Based on a sample of your recent activity — the platform never tells us which posts it acted on, so a clean result narrows the search rather than ruling content out.

CATEGORY	RESULT	FOUND	EXPLANATION
Rule-breaking content	AT RISK	6	X itself labeled 2 of your posts as limited or in breach of its rules — each one is listed below. Open them first: X has already acted on these. Post · 2026-11-08 · **Labeled by X** (Visibility limited): If you actually think that build is good you are genuinely clueless and should not be giving anyone advice. Post · 2026-11-06: Imagine being this bad at a game you have played for six years. Embarrassing. Just uninstall and save yourself the trouble. Post · 2026-11-04 · **Labeled by X** (Visibility limited): Everyone defending that patch is a clown. Block me now and save us both the time, I am not arguing about it again. Post · 2026-11-02: You are the worst kind of viewer — loud, wrong, and proud of it. Do everyone a favour and stay quiet in my chat. Post · 2026-10-30: That whole community is a joke and anyone who keeps defending it deserves every bit of what they get. Repost of @clip_farm_daily_demo · 2026-11-10: Anyone still buying from that studio is part of the problem. Pile on and let them know exactly what you think of them.
Spam / engagement bait	OK	—	No unsolicited links, tag-stuffing or automated-looking bursts.
AI-generated feel	OK	—	The writing reads as one person's own voice throughout.

Excessive promotion	BELOW THRESHOLD	7	Seven recent posts are the same stream announcement with the countdown swapped. At its densest that's 7% of your output — under the 35% share we look for before calling something a pattern, so it isn't counted toward your verdict. Post · 2026-11-09: Going live in 10 minutes — come hang out in chat, bring a friend. Post · 2026-11-07: Going live in 20 minutes — come hang out in chat, bring a friend. Post · 2026-11-05: Going live in 30 minutes — come hang out in chat, bring a friend. Post · 2026-11-03: Going live in 15 minutes — come hang out in chat, bring a friend. Post · 2026-11-01: Going live in 5 minutes — come hang out in chat, bring a friend. Post · 2026-10-30: Going live in 45 minutes — come hang out in chat, bring a friend. Post · 2026-10-28: Going live in an hour — come hang out in chat, bring a friend.
Duplicate content	OK	7	7 of the 140 items long enough to compare are near-identical to at least one other (5%). Post · 2026-11-09: Going live in 10 minutes — come hang out in chat, bring a friend. Post · 2026-11-07: Going live in 20 minutes — come hang out in chat, bring a friend. Post · 2026-11-05: Going live in 30 minutes — come hang out in chat, bring a friend. Post · 2026-11-03: Going live in 15 minutes — come hang out in chat, bring a friend. Post · 2026-11-01: Going live in 5 minutes — come hang out in chat, bring a friend. Post · 2026-10-30: Going live in 45 minutes — come hang out in chat, bring a friend. Post · 2026-10-28: Going live in an hour — come hang out in chat, bring a friend.

Dead & bot following check

WARNING

We reviewed your recent 200 follows and took a closer look at the 10 most suspicious-looking — 1 shows restriction signals, 1 is suspended or deleted and 1 looks dead (no recent posts).

200 recent follows sampled · 10 most suspicious checked in depth · 3 flagged

ACCOUNT	NAME	RESULT	FOLLOWERS / FOLLOWING	FLAGS
@giveaway_relay_hq	Giveaway Relay	CONFIRMED RESTRICTION	41 / 4,900	search ban
@follow4follow_bot	F4F Network	SUSPENDED OR DELETED	88 / 4,100	—
@dormant_clipper_demo	Clip Vault	DEAD (NO RECENT POSTS)	132 / 3,600	—
@retro_arcade_log	Retro Arcade Log	NO RESTRICTION FOUND	610 / 2,900	—
@indie_game_wire_demo	Indie Game Wire	NO RESTRICTION FOUND	1,240 / 2,400	—
@speedrun_digest_demo	Speedrun Digest	NO RESTRICTION FOUND	980 / 2,200	—
@handheld_weekly_demo	Handheld Weekly	NO RESTRICTION FOUND	1,510 / 2,050	—
@smallstream_tips	Small Stream Tips	NO RESTRICTION FOUND	2,100 / 1,900	—
@pixel_patch_notes	Pixel Patch Notes	NO RESTRICTION FOUND	3,400 / 1,700	—

@couch_coop_club_demo	Couch Co-op Club	NO RESTRICTION FOUND	760 / 1,450	—

Account trust signals

INCONCLUSIVE

We still need your answer for Connected apps audit, Confirmed phone number and Two-factor authentication. Unknown does not count as a missing security setting. Check them in X settings.

SIGNAL	STATE	WHAT IT MEANS / WHERE TO CHECK
Connected apps audit	NOT ANSWERED	We can't see your authorized apps — X has no API for it — so this one is on you, and it's the row with the most direct line to a ban. X's rules are blunt: you are responsible for the actions taken by applications connected to your account, and if an app's automated activity breaks the rules, X may filter your posts out of search or suspend you. A read-write app can follow, unfollow and post on your behalf — which is exactly what growth and engagement bots do. Open your connected apps, and revoke anything you don't recognise, no longer use, or that promised you followers. Leave only tools you actually trust. Check it: Settings → Security and account access → Apps and sessions → Connected apps
Confirmed phone number	NOT ANSWERED	A confirmed phone number is the single most useful thing on this list, because it's your way back in. It's required for the blue checkmark, it's what X asks you for to unlock a locked or restricted account, and it's the gate on messaging people who don't follow you. Without one, if X ever limits your account you have fewer routes to recover it. Check it: Settings → Your account → Account information → Phone
X checkmark	NOT ON THIS ACCOUNT	No X checkmark is detected. This is optional context and does not count against your scan. Check it: Settings → Premium
ID verification	NOT AVAILABLE	ID verification is only offered to X Premium subscribers, so it isn't available on this account yet. If you subscribe, it's worth doing: X says it uses ID verification to authenticate accounts, prevent impersonation, and protect against spam and malicious accounts. Check it: Settings → Premium → ID verification
Two-factor authentication	NOT ANSWERED	This one isn't about looking trustworthy — it's about not getting suspended for someone else's behaviour. X says it may suspend an account it suspects has been hacked or compromised, and hold it until the owner secures it. A compromised account posts spam, and the suspension lands on you. 2FA is X's own top recommendation for preventing that. Heads up: SMS 2FA is Premium-only, so on a free account use an authenticator app or a security key. Check it: Settings → Security and account access → Security → Two-factor authentication
Account age	IN PLACE	Your account is 2.5 years old — a long track record of activity, which is the one trust signal you can't buy or switch on. Nothing to do here. Check it: Profile header, or Settings → Your account → Account information