

Restrictions likely — act now

1,027 followers · 287 following · niche: founder builder

View this report online: <https://postory.io/x-rescue-scan/example>

Confirmed shadowban — your new posts are not being distributed

Three visibility checks came back positive on this scan: X has stopped indexing your posts from the last week (older ones are still there), your replies are buried behind the 'Show more replies' barrier, and your account no longer surfaces in people search. Your median impressions per post fell 68% over the same window — a reach collapse backed by a direct visibility probe is what suppression looks like from the inside. X never announces this and never tells you why, so the plan below is about removing whatever triggered it and giving the filter time to lift.

1. Read back through your own recent posts and replies **DO NOW**

We checked 87 of your recent posts and replies and found no risk pattern — but that is a sample, and X does not disclose the reason for this restriction. Go through your own recent activity and remove anything you know is repetitive, unsolicited, spam-like or heavily promotional, in manual batches of up to 10, waiting 1–2 days between batches. Do not bulk-delete normal content.

Why: A direct visibility probe is restricted, but X does not say why. A clean content sample narrows what to review; it cannot identify a cause.
2. Begin a temporary cooldown after cleanup **HOLD**

Once you finish the review, pause posting, liking, replying, reposting, bookmarking, and following or unfollowing for 2–5 days, then re-scan.

Why: A short pause is commonly reported to help direct visibility restrictions cool off, but X does not guarantee it and recovery time varies.
3. Review connected app access **DO NOW**

Open X Settings → Security and account access → Apps and sessions. Revoke unknown or unused apps; keep services you recognize.

Why: X holds you responsible for anything an authorized app posts, and an app acting up is one of the few shadowban causes you can rule out yourself in a minute.
4. Come back at roughly half your usual pace **HOLD**

After the cooldown, resume at about 1 post a day and 3–5 replies a day for the first week, spaced through the day rather than in bursts. You were averaging 2.4 posts and 8.1 replies a day before this.

Why: Returning at full volume the moment a restriction lifts is the most commonly reported way to land straight back in it.
5. Re-scan in 2 days **DO NOW**

Re-run Social Shield after the cooldown. The search-ban probe is the one to watch: it clears as soon as X starts indexing your new posts again.

Why: A shadowban lifting is invisible from inside X — the outside-view probes are the only way to see it happen.

Avoid:

- Don't delete your account or make it private — neither clears a visibility filter, and both cost you the history the next scan compares against.
- Don't run bulk actions or automation tools while you recover.
- Don't post about the shadowban repeatedly or ask for engagement to 'test' it — that adds the exact pattern you're trying to clear.
- Don't buy followers or engagement to compensate for the lost reach.

Next scan: Two days is long enough for the cleanup and the start of the cooldown to register, and short enough to catch the restriction lifting.

Diagnosis

Shadowban / ghost-ban			AT RISK
One or more shadowban signals are confirmed for @vadym_petryshyn — its reach to non-followers is being filtered. See the flagged checks below.			
CHECK	RESULT	DETAIL	

Profile visibility	CLEAR	Your account is public — your profile and posts are reachable by anyone.
Search ban (posts hidden from search)	CONFIRMED	X search still returns your older posts, but none of your 5 posts from the last week appear — X has stopped indexing your new posts. Checkers that only test whether search returns anything will miss this. Confirm with the manual search link below.
Ghost ban (replies detached from threads)	CLEAR	Your recent reply (to @a_lohan) is still attached to its thread for a logged-out viewer — it is not detached, but see the reply-deboosting result below.
Reply deboosting (buried behind 'Show more')	CONFIRMED	Your recent reply (to @a_lohan) is hidden behind X's 'Show more replies' barrier — the classic reply-deboosting signal. Non-followers won't see it unless they expand hidden replies. Confirm with the manual thread link below.
Search suggestion ban	LIKELY	Your account did not appear in this bounded people-search page. That can happen because results are ranked, especially for small, new, inactive, or recently renamed accounts; it does not confirm an autocomplete restriction. Verify with the manual typeahead link below.

Posting cadence**CLEAR**

You're posting ~2.4/day, within Social Shield's heuristic comparison band (2–10/day), not a published platform limit.

Posts per day	2.43
Comparison band	2–10/day
Posts analyzed	87

Reply cadence**CLEAR**

You averaged ~8.1 replies/day over the last seven days, with a 22-reply daily peak. This check found no high-volume or regularity flag; X does not publish a guaranteed safe reply limit.

Replies to others per day	8.1
Peak in 24h	22
Automation pattern	not detected

DATE	REPLIES
2026-08-06	10
2026-08-07	10
2026-08-08	21
2026-08-09	5
2026-08-10	1
2026-08-11	6
2026-08-12	2
2026-08-13	2

Follower / following ratio**CLEAR**

You follow 287 vs 1,027 followers — a ratio inside this check's positioning band. A ratio snapshot alone does not show follow/unfollow behavior or how X distributes your posts.

Followers	1,027
Following	287
Following / followers ratio	0.28

Content risk**CLEAR**

Nothing in the 60 posts and 74 replies we read comes back as a content-risk pattern — no policy issues, and no sustained spam, templating, or promo blasting. That's a sample of your recent activity, not a review of your whole account.

The account is a professional founder-builder sharing product updates, growth metrics, and industry insights, with no evidence of systematic spam, policy violations, or automated behavior.

CATEGORY	RESULT	FOUND	EXPLANATION
Policy violation	CLEAR	0	The account does not engage in hateful conduct, harassment, or illegal activity.
Spam	CLEAR	0	The account's engagement and promotional activity are consistent with a founder building in public and do not constitute a spam pattern.
AI-generated	CLEAR	0	The content reflects personal experiences, specific product updates, and conversational replies rather than mass-produced AI text.
Excessive promotion	CLEAR	0	While the account promotes its own SaaS product, it does so in the context of sharing progress, metrics, and relevant advice, which is standard for this niche.
Duplication	CLEAR	0	There is no evidence of repetitive, bot-like duplication of content across the corpus.

Dead & bot following check

WARNING

We reviewed your recent 287 follows and took a closer look at the 10 most suspicious-looking — 4 show restriction signals.

287 recent follows sampled · 10 most suspicious checked in depth · 4 flagged

ACCOUNT	NAME	RESULT	FOLLOWERS / FOLLOWING	FLAGS
@mthioune_	Moustapha	NO RESTRICTION FOUND	651 / 2,572	—
@amoreweb	Amorem	NO RESTRICTION FOUND	392 / 1,238	—
@dirckmulder	Dirck	NO RESTRICTION FOUND	79 / 228	—
@0xmishoko	mishoko ~/ ୧୫	NO RESTRICTION FOUND	460 / 1,171	—
@lovedsociety	Britton Thom	NO RESTRICTION FOUND	194 / 491	—
@olgakargopolova	Olga Kargopolova	DEAD (NO RECENT POSTS)	17 / 40	—
@pawzgm	Paweł Z	NO RESTRICTION FOUND	263 / 531	—
@jmibw	kuba	DEAD (NO RECENT POSTS)	50 / 97	—
@jamesharve24282	JP	DEAD (NO RECENT POSTS)	411 / 671	—
@chloe_gibs_	Chloe Gibson	CONFIRMED RESTRICTION	495 / 790	search ban, ghost ban

Account trust signals

CLEAR

Every trust signal you can act on is in place — nothing to do here.

SIGNAL	STATE	WHAT IT MEANS / WHERE TO CHECK
Connected apps audit	CONFIRMED	You reviewed your connected apps 30 days ago and found nothing suspicious. We'll ask you to check again after 90 days — X holds you responsible for anything an authorized app does on your account, and the list tends to grow without you noticing. Check it: Settings → Security and account access → Apps and sessions → Connected apps

Confirmed phone number	CONFIRMED	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 blue checkmark	IN PLACE	X reports a blue checkmark. X says eligible Premium and Premium+ accounts are automatically reviewed for checkmark eligibility; a blue mark can also come through Verified Organization affiliation. It is not identity verification, endorsement, or proof of overall account standing. Check it: Settings → Premium
ID verification	CONFIRMED	You're on Premium, so you can verify your identity through X's provider (Persona). X says it uses ID verification to authenticate accounts, prevent impersonation, and protect against spam and malicious accounts — and verified subscribers get prioritized support from X, which matters a lot on the day you need to appeal something. Persona deletes your ID image and selfie after 30 days. Check it: Settings → Premium → ID verification
Two-factor authentication	CONFIRMED	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. Any method works. Check it: Settings → Security and account access → Security → Two-factor authentication
Account age	IN PLACE	Your account is 134 days old — past the earliest window, with a real behavioural baseline building up. Nothing to do here; it keeps improving on its own. Check it: Profile header, or Settings → Your account → Account information