

A Guide to Tidying Up Your X Account

This guide is designed to help you manage and possibly overturn a shadow ban on your X account. It incorporates detailed advice on using TweetDelete for tweet management and various strategies to align your account with platform guidelines for better visibility.

Table of Contents

Identifying Issues and Initial Steps	1
Understanding Banned Words and Contextual Analysis	1
Specific Steps to Tidy Up Your Account	2
Using TweetDelete to Manage Tweets	2
Enhancing Account Health	2
Obtaining Analytical Data from X	3
Analysing Data with Grok for Optimal Posting Times	3
Additional Recommendations	3
Visual Guide and Screenshots	3
Requesting a data download on X	3
Connecting tweet delete and uploading X data	4
Excluding tweets from being deleted	5
Deleting tweets Using tweetdelete	5
Sources	6

Identifying Issues and Initial Steps

Shadow bans can be triggered by several factors related to your engagement and content. Here's how to spot and address potential issues:

- Engaging with other shadow banned accounts.
- Using banned words or sensitive content (more on this below).
- Posting explicit or suggestive media. Pairing suggestive media with neutral, 'vanilla' captions can sometimes reduce risk, but moderation is key.
- Lack of engagement with non-problematic ('vanilla') accounts or posts.
- Posting during off-peak hours when your audience is less active.

Understanding Banned Words and Contextual Analysis

X maintains a list of banned or flagged words that can trigger moderation, including hate speech, slurs, or terms associated with spam (e.g., excessive use of "free," "win," or "click

here"). However, X doesn't just flag words in isolation—it uses contextual analysis to interpret intent. For example, a tweet with a banned word used humorously between mutual followers might be overlooked, while the same word in an aggressive reply could flag your account. Avoid overusing trending buzzwords or hashtags that bots might associate with spam campaigns. Regularly review your tweets for potentially misinterpreted phrases and adjust your language to stay within X's evolving guidelines.

Specific Steps to Tidy Up Your Account

To clean up your account and address a shadow ban, consider these actions:

- Avoid negative remarks about specific groups, which might violate platform policies.
- Remove spammy or malicious links from your content.
- Delete replies that don't add value or could be seen as inflammatory based on context.
- Follow and engage with more 'vanilla' or mainstream accounts that reflect positive interactions.
- Balance interactions with flagged accounts by engaging more with compliant ones.
- Regulate posting frequency to 2-4 times a day to avoid spam filters.
- Audit old tweets for flagged terms or outdated references that might misalign with current X policies—context shifts over time, and what was acceptable years ago might not be now.

Using TweetDelete to Manage Tweets

TweetDelete is a powerful tool for tweet management. Here's how to use it effectively:

- Log in and upload your Twitter data file.
- Use the 'Exclude' feature to safeguard specific tweets by entering their IDs.
- Set criteria for automatic deletion based on age, content, or keywords (e.g., filter out tweets with flagged terms).
- Regularly update your settings in TweetDelete to reflect your current content strategy and X's latest rules.

Enhancing Account Health

Maintaining healthy engagement is crucial for visibility and avoiding shadow bans. Here are additional tips:

- Time posts for when your audience is most active (see analytics section below).
- Continuously adapt your content strategy to keep your audience engaged—stagnant accounts can lose visibility.
- Actively participate in the community by responding to comments, sharing posts, and joining conversations with diverse, compliant users.
- Vary your tweet formats (text, polls, images) to signal organic activity, but avoid overusing media that could be misread as suggestive without context.

Obtaining Analytical Data from X

Understanding when your audience is most active can boost engagement. Here's how to get this data:

- Navigate to the analytics section of your X account.
- Find the 'Audience insights' or similar tab for graphs showing follower activity.
- Download or screenshot the 'Active times' graph to analyse optimal posting times.

Analysing Data with Grok for Optimal Posting Times

With your 'Active times' graph, Grok can help refine your strategy:

- Upload the image of your 'Active times' graph to Grok.
- Ask Grok to analyse the data and provide a structured posting schedule based on peak audience activity.
- Implement this schedule, monitoring changes weekly. Adjust as your audience grows or shifts—contextual engagement patterns can evolve.

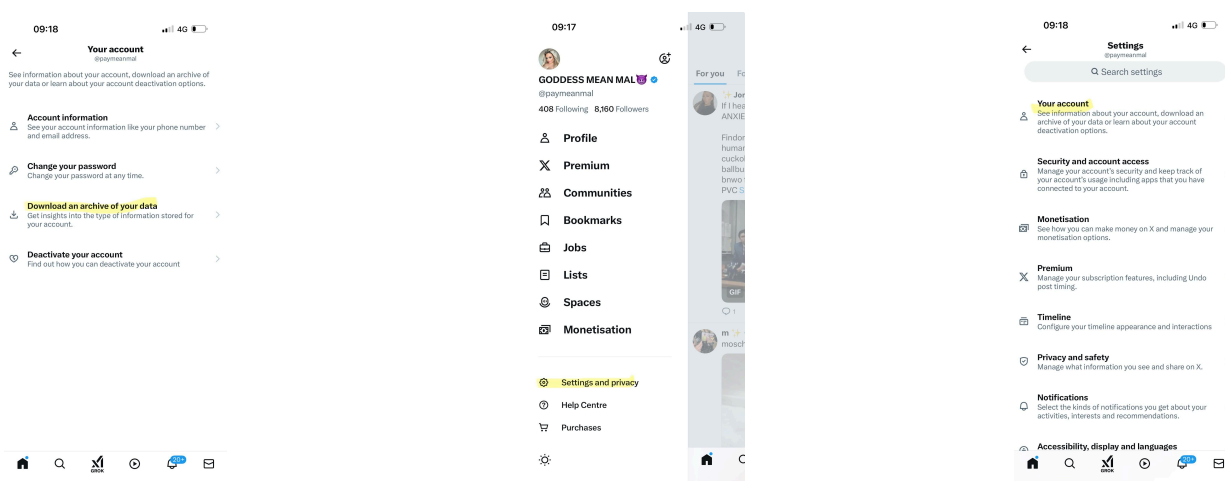
Additional Recommendations

- Bio and Profile Check: Ensure your profile bio avoids flagged terms or overly edgy humor that X might misinterpret. A clear, positive bio can improve trust signals.
- Hashtag Hygiene: Limit hashtag use to 2-3 relevant ones per tweet. Overuse can trigger spam detection, especially with banned or over-saturated tags.
- Appeal if Needed: If you suspect a shadow ban persists after cleanup, use X's support to appeal, providing evidence of compliance.

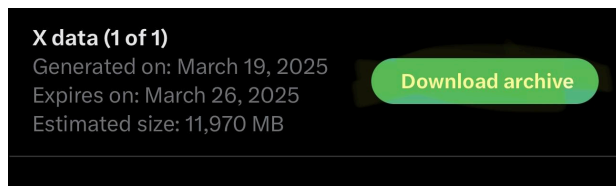
Visual Guide and Screenshots

Below are screenshots that visually guide you through the settings and adjustments recommended above:

Requesting a data download on X



Once it has downloaded, you will receive a notification to say it's ready, if you're unable to locate it, follow the above steps again and it will take you to the below:

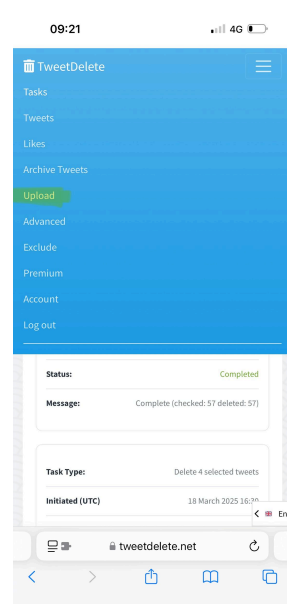
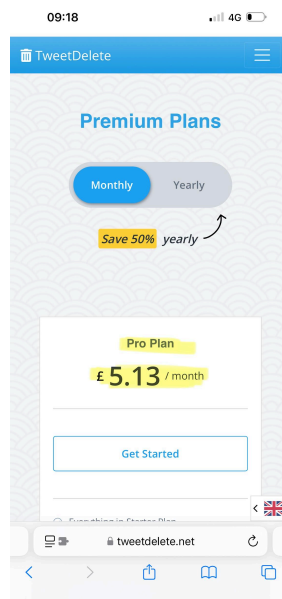
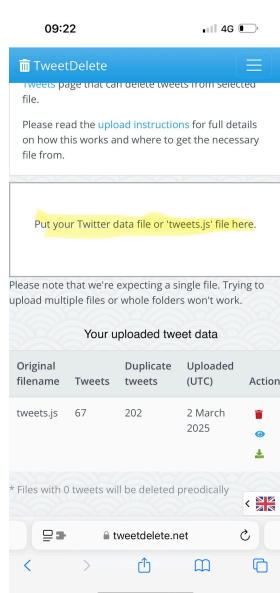


Connecting tweet delete and uploading X data

Personally, I pay the monthly option and it can be cancelled at any time but you need to pay to be able to upload your data.

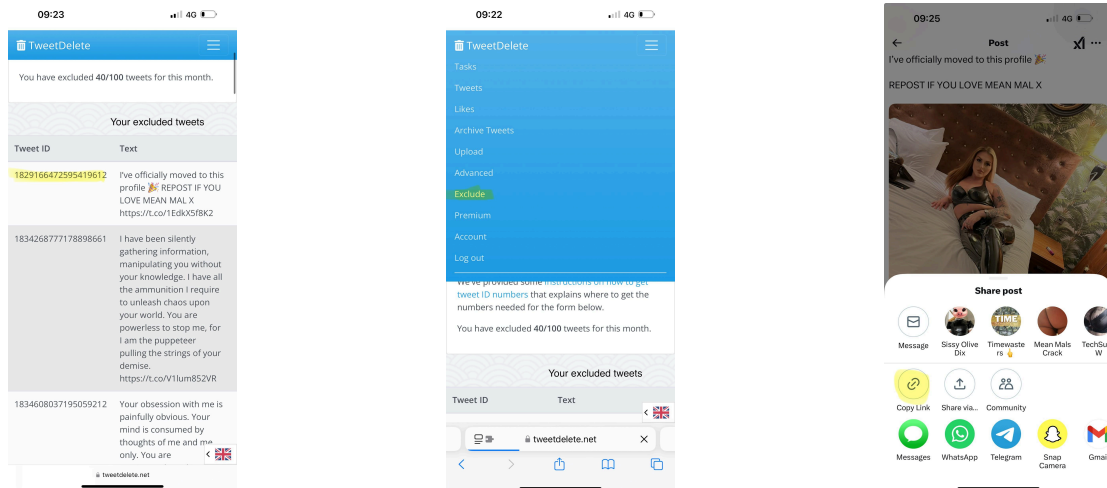
Sometimes when you're trying to upload the data file it may say that it is too large, if you open the downloaded file, you can find the tweet.js singular file to upload which should help. More instructions here including troubleshooting large files:

<https://tweetdelete.net/upload-instructions/>



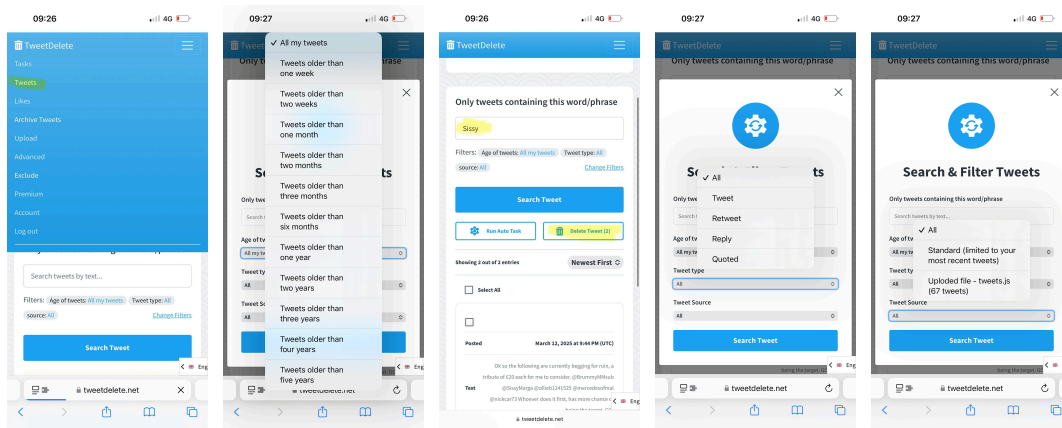
Excluding tweets from being deleted

If you want to keep certain tweets, such as ones with good engagement, you can exclude these from being deleted. To find the tweet ID to add to the list of excluded tweets, go to the post, copy the link and paste into the ID section on tweet delete. The ID part of the link is the numbers at the end, so delete the rest Of the link and leave the numbers.



Deleting tweets Using tweetdelete

Navigate to 'tweets' which will take you to a page displaying all of your tweets including your uploaded file. You can use keywords to search the file to delete in bulk, this is good for banned words. You can delete by type of tweet, so your replies, in my case I deleted all of my replies and started fresh. You can also delete by age of tweet, too.



Sources

<https://tweetdelete.net/exclude-instructions/>

<https://tweetdelete.net/upload-instructions/>

<https://x.com/goddesskatya00/status/1890143780264903004?s=46>

<https://shadowban.yuzurisa.com/>