



Checklist

Are You at Risk of Being Shadow Banned on Facebook?



Discover if you're at risk of being shadow banned!
Use this quick checklist and ensure your posts get the spotlight they deserve.

Introduction

Ever feel like you're shouting into the void, and your posts just aren't getting the traction they used to?

You might be facing a shadow ban.

But don't worry, we've got you covered!

This quick checklist will help you figure out if you're at risk of being shadow banned on Facebook.

Just tick off any statements that apply to you, and we'll guide you through what to do next.

Shadow Banning Checklist

(Read the original post here)

Your Posting Habits

- I post the same content across multiple groups or pages in a short period.
- I use automation tools to comment or like content.
- I post more than 5 times a day on the same account.

Your Engagement Patterns

- I frequently send friend requests to people I don't know personally.
- My posts often get marked as spam or reported by others.
- I engage in "like-for-like" or "follow-for-follow" schemes.

Your Content

- My content often includes controversial or sensitive topics without any context.
- I use hashtags that are banned or considered spammy by Facebook.
- I've received warnings from Facebook about my content before.

Your Account Activity

- I've used third-party apps or services to gain likes, followers, or comments.
- My account has been temporarily locked or restricted by Facebook in the past.
- I often find myself blocked from using certain Facebook features (like posting in groups, sending messages, etc.).

Scoring Your Risk

0-3 checks: Low risk. You're mostly in the clear, but it's always good to stay informed about best practices on Facebook to keep it that way.

4-7 checks: Moderate risk. You might be doing a few things that could raise flags with Facebook's algorithms. Consider revising your social media strategy to avoid potential issues.

8+ checks: High risk. It looks like your current social media habits could significantly increase your chances of being shadow banned. Don't panic! It's time to reevaluate your approach and make some changes.

What to Do Next?

If you find yourself at moderate or high risk, don't fret! The first step is awareness, and now that you know, you can start making adjustments.

Review Facebook's community standards, reduce the frequency of your posts, diversify your content, and focus on genuine engagement. Remember, social media is about building community and connections, not just broadcasting your message.



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