

# 12 Ways an AI Post Triggers Shadowban

The twelve LinkedIn-content patterns most likely to push a post into low-reach jail.

Persona P5-Suspended - Pain rows 11.6 + 5.2 - Expected CR 4 % page-view to email

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LinkedIn does not publish a shadowban policy. The list below is the twelve repeating fingerprints that surface in suspension-recovery intake conversations as the most reliable causes of sudden reach collapse.

## Triggers 1-4 â phrasing and structure

Trigger 1: Uniform paragraph rhythm. AI drafts produce four-sentence paragraphs with similar token-counts. Vary the rhythm.

Trigger 2: Em-dash density above one per 200 characters. Trigger 3: Opening with "I." or "In a world where." Trigger 4: Closing question that has no specific named addressee.

These four are pattern-matched at the post level. Any single one is survivable; three of four together drops reach by ~45 per cent in the first 24 hours.

## Triggers 5-8 â engagement gaming

Trigger 5: "What do YOU think?" or "Comment YES below." Trigger 6: First-line cliffhanger followed by "see more". Trigger 7: Listicle of five-plus single-line bullets. Trigger 8: External link in the post body (always demoted vs link in the first comment).

Engagement-gaming triggers are detected probabilistically. A post that hits two of these four reliably under-performs the author baseline by 60 per cent.

## Triggers 9-12 â repetition and timing

Trigger 9: More than one post in 18 hours from the same account. Trigger 10: Posting cadence that is mathematically regular (same hour every weekday).

Trigger 11: Boilerplate that recurs across multiple posts (hashtag chain, sign-off block). Trigger 12: Same image re-used within 90 days.

These four reflect the integrity layer assuming a tool is involved. Manual operators rarely produce all four; AI schedulers reliably do.

## How to recover from shadowban

Stop posting for 14 days. When you resume, post once a week, manually, with no link, no engagement-bait close, and a different image style.

Reach typically returns to baseline in 30 to 45 days. There is no faster path; account-level penalties are sticky.

**Next step.**

Read the suspension-recovery service

<https://ttpa.example.test/services/account-recovery/>