



THE THREADS RESTORE PLAYBOOK

the exact playbook Lennox used before @lennox_saint came back about 12 hours later.



Lennox Saint

@lennox_saint

it worked for me. it is not a promise.



DO THIS IN ORDER.

One clean case. One honest post. One easy action.

01 **SAVE THE PROOF**
Save every screen. Note the handle, time, exact message and appeal button.

02 **USE THE APPEAL YOU CAN SEE**
Use it once. If it is missing, save that fact.

03 **ASK SUPPORT FOR A HUMAN**
Say: “This is about Threads.” Ask for full notes and a case ID.

04 **PUBLISH ONE HONEST APPEAL**
Proof. Facts. Stakes. One CTA.

05 **RALLY ONE COMMENT**
Ask people to copy the same short reply under one post.

06 **FOLLOW UP**
Use the case ID and the same facts. Ask what to do next.

truth line

The account returned about 12 hours later. No one confirmed which step caused it.

GIVE PEOPLE ONE JOB.

Put one short copy block at the end of the post.

@conno_r please restore @YOUR_HANDLE's disabled account. NAME has "thread the love" of Threads for TIME ON THREADS. if they've violated any guidelines, they're genuinely sorry and will not do it again. if you believe in the power of the Threads community, please undo this action and restore their account.

1

TAP AND HOLD

2

COPY

3

PASTE AS A COMMENT

the tag formula

@conno_r + @your_handle = one clear ask

HELP THE REP WRITE A CLEAN CASE.

01

OPEN

Hi. My Threads account @YOUR_HANDLE was disabled at TIME. My Instagram is still active. This is about Threads, not Instagram. I need the right appeal path and a manual review.

02

READ THE SCREEN

The screen says: “EXACT WORDS.” It does / does not show an appeal button.

03

SHARE CONTEXT

I think TRUE ACTION may matter, but I do not know. I can explain and correct a real issue.

04

MAKE THE ASK

Please save these facts. Can you ask for a manual review or show me the exact path?

05

CLOSE

What is my case ID? What should I do next? When should I check again?

TEN BEATS THAT MADE ONE STORY.

01

CALL IN YOUR PEOPLE

“thriends, i really need your help.”

02

SHOW THE LOCK

Proof before a long story.

03

LABEL THE GUESS

“i think” — not “i know.”

04

OWN THE MISTAKE

Two wrong numbers, named and fixed.

05

SHARE TRUE STAKES

Work, community and people.

06

SHOW THE LESSON

He had started to spread the risk.

07

SIGNAL THE TURN

“here is my actual ask.”

08

GIVE ONE SMALL JOB

Long tap. Copy. Paste. Publish.

09

USE TWO TAGS

@conno_r + @lennox_saint

10

END LIKE A PERSON

Thanks. Name. No second ask.

Read every exact word: full-circle-threads-restore.pages.dev/post/

IT WORKED FOR LENNOX. IT IS NOT A PROMISE.



@lennox_saint came back about 12 hours later.



A support rep saved detailed notes.



The community pushed one public post.



No one confirmed which step caused the restore.

KEEP THESE LINKS

Live playbook

full-circle-threads-restore.pages.dev

Exact post

threads.com/@hopeengineer/post/DZ4xAbtk9ad

Official Meta Verified support

facebook.com/help/178774494481770

