

PUBLIC PROMTPRESS REPORT

# Channel audit

## Piss off your ex




@pozlii

Auto-added ☒ Apply  and click the link again! ...  Owner, ad payment only here: @gre18erg and @roma2rezerv2 . Our channels @GonMedia Managers: @GonManager CHAT EXCHANGE...

SUBS

**15 490**

-378 per month

ERR (% SEE POSTS)

**1.0%**

per day 0.2%

REACH/POST

**41**

ad reach 26/24h

---

**— CONTENTS · 2026**

# What's inside the report

---

**01 Channel snapshot**

12 key metrics · AI summary

---

**02 Content analysis**

Top 5 posts · worst 3 · insights

---

**03 Subscriber dynamics**

Yearly chart · growth

---

**04 Quotability**

Who and how mentions the channel

---

**05 Ad potential**

How long a post brings reach

---

**06 Competitors**

Niche neighbors · your spot

---

**07 Niche comparison**

Rank in Instagram category

---

**08 Strategy**

5 priority actions

---

SECTION 01 · CHANNEL SNAPSHOT

# Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

|                                                                                                                                                    |                                                                                                                                                               |                                                                                                                                                                                       |                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> SUBS</div> <div>15 490</div> <div>—</div>                   | <div> SUBSCRIBER REACH</div> <div>0.26%</div> <div>avg % subs see post</div> | <div> VIEWS/POST</div> <div>41</div> <div>median 41 · 29 days</div>                                  | <div> POSTS/DAY</div> <div>16.4</div> <div>~115 per week</div>                    |
| <div> 7D TREND</div> <div>+1.5%</div> <div>vs previous week</div> | <div> REACTIONS/POST</div> <div>—</div> <div>MTPROTO only</div>              | <div> POST LENGTH</div> <div>383 chars.</div> <div>median 462 · 29 days</div>                        | <div> POSTS ANALYZED</div> <div>493</div> <div>29 days</div>                      |
| <div> AD REACH</div> <div>26</div> <div>24h avg</div>             | <div> CHURN / MONTH</div> <div>-378</div> <div>in the last month</div>       | <div> QUOTABILITY</div> <div>294</div> <div>citation index · 1,129 channels mentioned all time</div> | <div> CHANNEL AGE</div> <div>6 years 3 months</div> <div>created 14.04.2020</div> |

AI EDITOR SUMMARY

Channel «Piss off your ex 🤪❤️» — 15 490 subs. Each post averages 41 people (0% from subs), reach is low — expand audience. Posts 115 posts/week (~16/day) — very active. For week Jun 29 — Jul 5 reach stable (+1.5% vs week 22–28 Jun).

SECTION 02 · CONTENT ANALYSIS

# What works best

Top posts by engagement & underperformers – to see what to repeat and what to drop.

WHAT TOP POSTS SHARE

- 01 Analysis based on **493** posts in 29 days.
- 02 Dominant format – **Video** (305/493 posts).
- 03 Avg post length – **383** chars (median 462).
- 04 Audience activity peak – **Wednesday**, 23:00 MSK.
- 05 Top posts get **2x** more views than the weakest (64 avg for top vs 26 for worst) – among 493 posts in 29 days. Analyze what top posts have in common: topic, format, timing.

TOP 5 POSTS

|                                                                                                                                                                                                                       |                                                                |                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|
| <div><div>Nº1</div><div>01.07 · 20:13</div><div>PHOTO</div></div> <div><div> USA - Bosnia  Starts at 03:00 MSK  Bet on sports, play casino and poker or play games with the best odds at...</div></div>               | <div>VIEWS</div> <div>66</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.4%</div> |
| <div><div>Nº2</div><div>16.06 · 18:53</div><div>VIDEO</div></div> <div><div>#matchday  FRANCE - SENEGAL  Match starts 22:00 MSK  Bet on sports, play casino &amp; poker or play games with the best...</div></div>    | <div>VIEWS</div> <div>65</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.4%</div> |
| <div><div>Nº3</div><div>04.07 · 19:34</div><div>PHOTO</div></div> <div><div> World Cup 2026  Paraguay - France  Match starts 00:00 MSK  Enter promo code: BESPLATNO18 and get a bonus from 1WIN casino...</div></div> | <div>VIEWS</div> <div>62</div> <div>REPOSTS</div> <div>1</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.4%</div> |

|                                                                                                                                                                                                           |                                                                |                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|
| <div><div>Nº4</div><div>13.06 · 21:49</div><div>PHOTO</div></div> <div><div>⚽FOOTBALL - WC2026 Place bets and play games on 1WIN and make your dream come true now! 👉👉 1win –...</div></div>              | <div>VIEWS</div> <div>61</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.4%</div> |
| <div><div>Nº5</div><div>17.06 · 19:46</div><div>PHOTO</div></div> <div><div>🇬🇧England - Croatia 🇭🇷 Match starts at 23:00 MSK ⭐Bet on sports, esports, crypto and the best slots with 1WIN!...</div></div> | <div>VIEWS</div> <div>61</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.4%</div> |

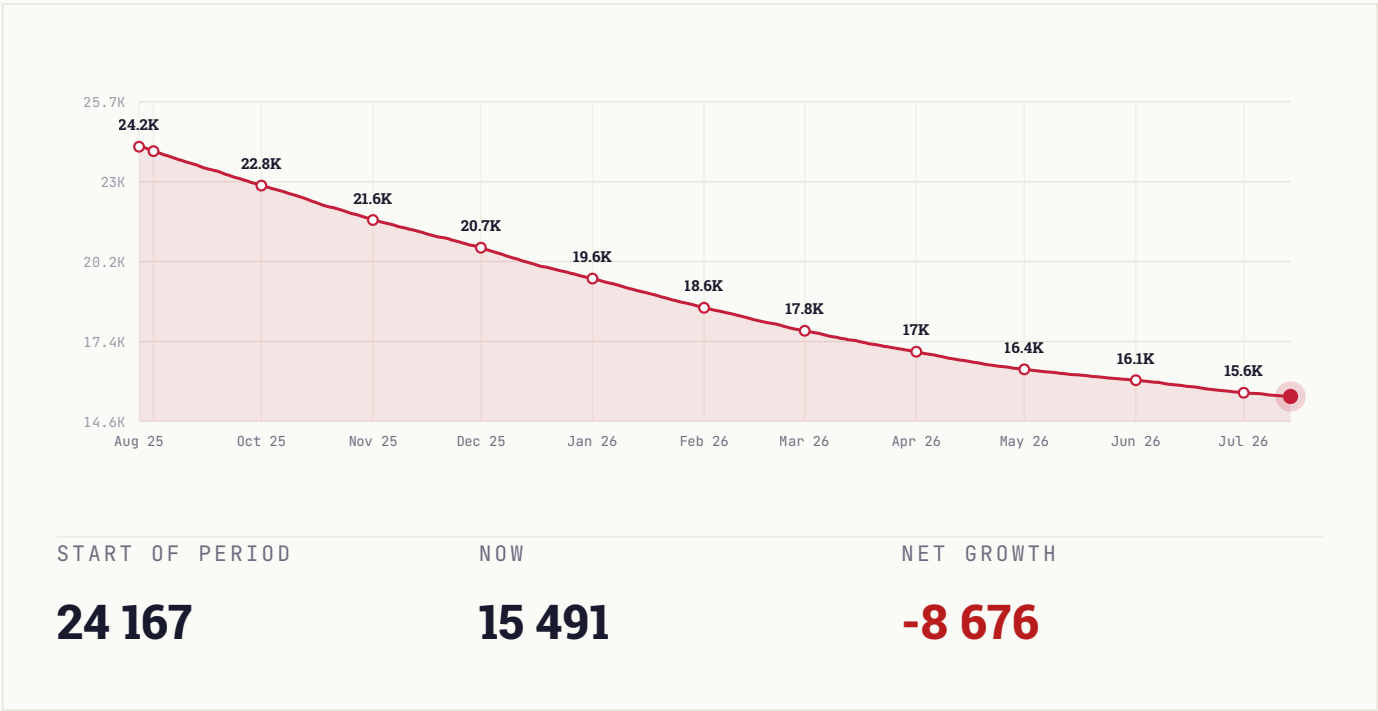
WORST 3

|                                                                                                                                                                                                                                                    |                                                                |                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|
| <div><div>↓</div><div>22.06 · 05:07</div><div>TEXT</div></div> <div><div>⚽FOOTBALL. WC2026 <a href="https://lkbb.cc/ea0ed6">https://lkbb.cc/ea0ed6</a> activate promo code: BESPLATNO18 and get your 500% bonus at 1WIN casino</div></div>         | <div>VIEWS</div> <div>27</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.2%</div> |
| <div><div>↓</div><div>10.07 · 04:50</div><div>VIDEO</div></div> <div><div>Our people on vacation are easy to spot DaNuEgoNah this 👉 different channels with vids {01} {02} {03} {04} {05} {06} {07} {1} {2} {3} {4} {5} {6} {7} {8}...</div></div> | <div>VIEWS</div> <div>27</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.2%</div> |
| <div><div>↓</div><div>23.06 · 07:43</div><div>TEXT</div></div> <div><div>🔍Summer bonus series at 1WIN casino is live, make your first deposit with promo code - BESPLATNO18 and get +500% on your balance!...</div></div>                          | <div>VIEWS</div> <div>25</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>0.2%</div> |

SECTION 03 • SUBSCRIBER DYNAMICS

# How the channel grew over the year

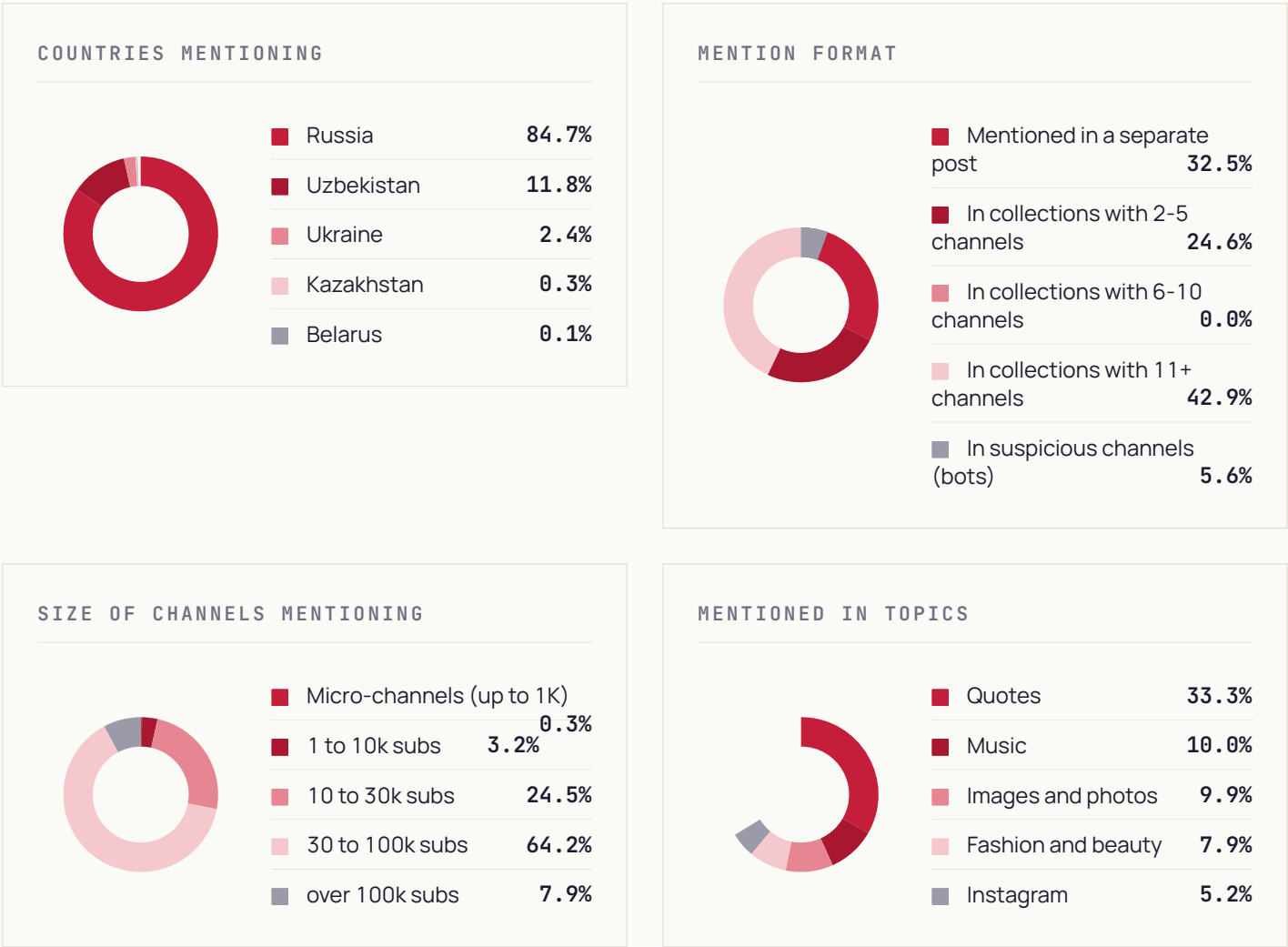
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

# Who and how mentions the channel

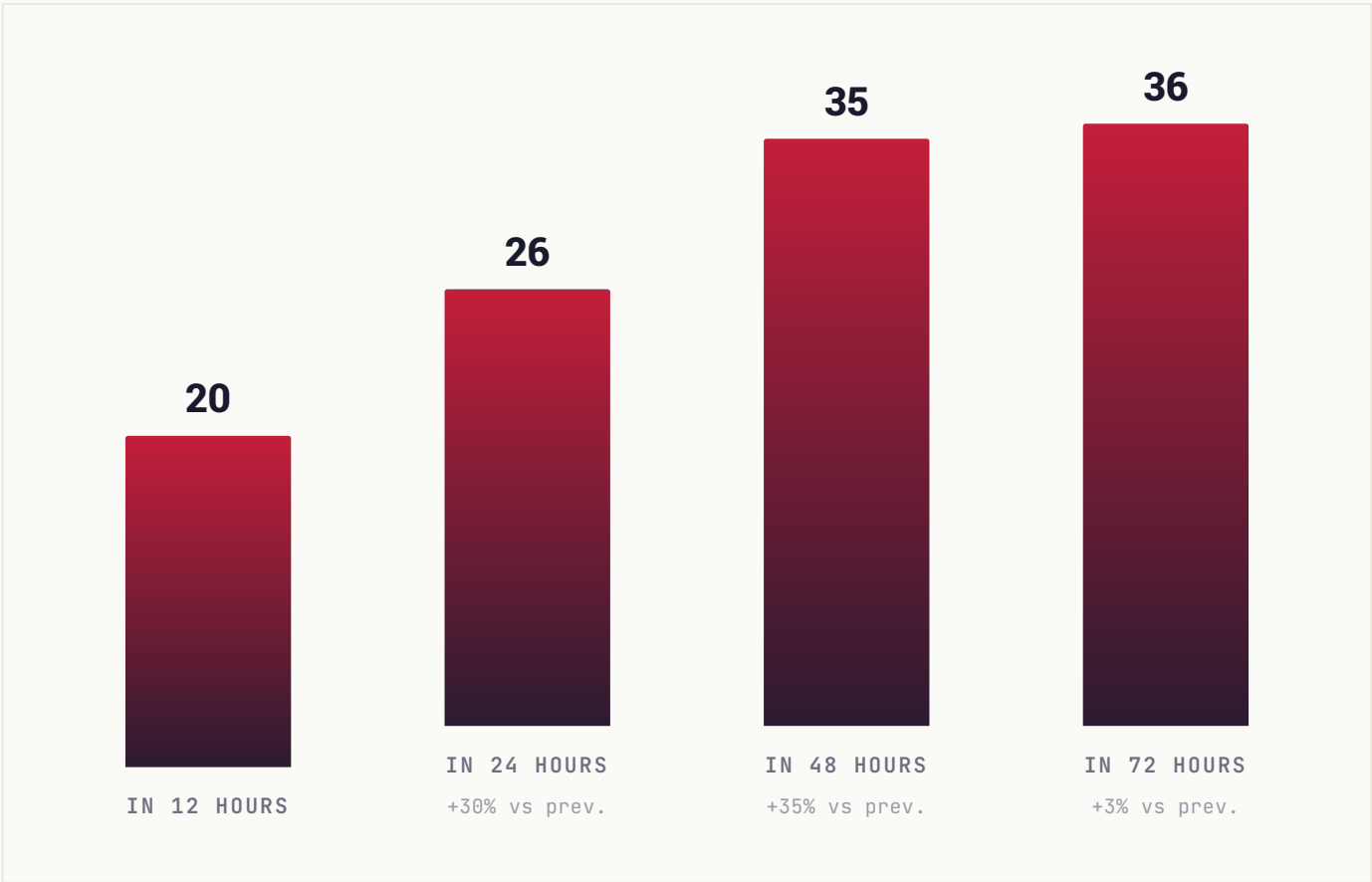
Citation index **294** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **1 129** different channels.



SECTION 05 · AD POTENTIAL

# How long a post brings reach

Avg ad post reach over time since publication. Helps estimate how long placement should live.





SECTION 06 · COMPETITORS

# Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

| CHANNEL                                              | SUBS   |
|------------------------------------------------------|--------|
| <div>ا</div> استوری اینستاگرام                       | 439.7K |
| <div>آم</div> آهنگ موزیک جدید شاد                    | 349.5K |
| <div>رد</div> ربات دانلود استوری و پست از اینستاگرام | 207.3K |
| <div>VD</div> VIDEOS FOR STORIES                     | 137.5K |
| <div>ShC</div> Cap Cut Templates   Kap Kut           | 131.3K |
| <div>P•</div> piaceim • presets & blogging           | 126.3K |
| <div>نپ</div> NESA PIRUZIFARD   انسا پیروزی فرد      | 124.2K |
| <div>ÅA</div> ÅAKLAB                                 | 115.2K |
| <div>ShC</div> CAPCUT TEMPLATES KAPKUT KUT           | 113.6K |
| <div>CP</div> PNG STICKERS FOR STORIES               | 110.6K |
| <div>PB</div> Piss off your ex 🤪❤️ YOU               | 15.5K  |

COMPARATIVE INSIGHT

Channel not yet outside top-99 of niche — early growth stage. Niche leader — استوری اینستاگرام (439.7K), top-99 median: 32.8K. First goal: enter top-99 through systematic traffic & content work.

SECTION 07 · NICHE COMPARISON

# Where the channel stands in its league

Took top-100 channels in category "Instagram» (Russia) and saw how your channel compares. Gray band: range where 80% of niche channels fall (p10 to p90). Black vertical: median. Red dot: your channel.



## — SECTION 08 · STRATEGY

# What to do right now

5 priority actions sorted by expected impact. Check them off and revisit this report in a month.

01

## Top post of the week — on Wednesday

Audience most active on this day at 23:00 MSK.

EFFECT

**Best window  
for an  
important post**

02

## ER below niche benchmark — rethink formats

Current ER 0.26% vs norm 5.5%. Try polls and interactive formats.

EFFECT

**+5.2pp ER**

03

## Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000  
subs**

04

## Test polls and interactive formats

Posts with polls/reactions usually boost ER by 5-15%.  
One weekly poll on a hot topic — easy growth lever.

EFFECT

**+5-15% ER**

05

## Cross-promo with neighboring channels

Swap posts with same-niche channels quarterly. 2-3 collabs give relevant growth — no need daily.

EFFECT

**Relevant  
audience  
growth**

★ NEXT STEPS

# Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads with us and hit your growth plan in a month.

---

**01**      **Launch ad in Telegram**      <https://panel.promptpress.com/register>

---

**02**      **Contact manager**      [t.me/PromptPress\\_manager](https://t.me/PromptPress_manager)

---