



Terms and Conditions of Use

1. Acceptance of Terms

By accessing and using the [Tell Me Your Nightmare](#) website (hereinafter referred to as "the site"), you agree to comply with the following terms and conditions. If you do not agree with any part of these terms, please refrain from using the site.

2. Use of the Site

1. **Purpose of the Site:** This site is designed for users to share and explore stories related to **horror, nightmares, and similar themes**.
 2. **Responsible Use:**
 - You agree not to post any content unrelated to **horror, nightmares, or similar themes**. Any unrelated content will be removed without prior notice.
 - Offensive, violent, threatening, illegal, or content that violates third-party rights is strictly prohibited.
 - You agree not to spam, hack, or attempt to damage the site or its servers.
 3. **Editing and Deleting Content:**
 - If you wish to **edit or delete** a story you have submitted, you must **contact a site administrator** via the provided contact email.
 - Once your request is received, the site team will review and process the request accordingly.
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3. Content Submission

1. **User Rights:** Content you submit to the site, including stories, comments, and titles, remains your property.
2. **License to Use:** By submitting content, you grant **Tell Me Your Nightmare** a non-exclusive, global, free, and transferable license to:
 - Store, display, and distribute your content on the site.
 - Make minor adjustments such as formatting or style corrections.
3. **Prohibited Content:**
 - Content unrelated to **horror, nightmares, or similar themes** will be removed.
 - Inappropriate content will be deleted without prior notice.



4. Privacy and Data Usage

We are committed to protecting your personal data. Below is an explanation of how we handle your information:

4.1 Data Collected

- **Voluntary Data:** Name, email address, and any content you submit.
- **Technical Data:** IP address, browser type, operating system, visit time, and site usage (collected automatically).

4.2 Purpose of Data

Your data will be used solely for the following purposes:

- **Publishing** the content you choose to share.
- **Contacting you** if there is a need regarding your content.
- **Analyzing site metrics** to improve user experience.
- **Ensuring site security and abuse prevention.**

4.3 Use of Email

Your email address will **only be used for contact purposes** in situations such as:

- Confirming, editing, or deleting a submission.
- Resolving any issues related to the content you submitted.
At this time, **there are no plans** to use email addresses for marketing or campaigns unless necessary due to unforeseen circumstances.

4.4 Data Protection

We implement appropriate technical and organizational measures to protect your data from unauthorized access, loss, or alteration.

4.5 Use of Cookies

We use cookies to:

- Remember your preferences during navigation.
- Improve site performance and functionality.
You can manage cookies in your browser settings.

4.6 Deletion Requests



If you wish to remove submitted content, please send your request to the site's contact email with detailed information.

5. Changes to the Terms

We reserve the right to modify these terms and conditions at any time. Changes will take effect once published on the site. **No prior notice will be provided**, so we recommend reviewing this section regularly.

6. Limitation of Liability

1. **User Content:** The site is not responsible for content submitted by users.
 2. **Interruptions:** We do not guarantee that the site will be free of interruptions or errors.
 3. **Content Use:** Users are responsible for how they use published content.
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7. Contact Information

If you need to **edit or delete** a submission or have any questions regarding these terms, please contact us at:

Email: support@tellmeyournightmare.com

8. Governing Law

These terms will be governed and interpreted in accordance with the laws of the site's country of operation.