

Safe on Social

Deleting an Instagram Account Cheat Sheet

How to delete an Instagram account.

It's now very easy to open multiple Instagram accounts, Instagram allows for up to five accounts to be managed at any one time. What is not as easy is deleting any of these accounts at a later date.

Instagram has been a bit tricky with this process.

It has simplified your ability to remove an account from your particular device by logging out of it, but this isn't deleting the account.

It has provided you with the ability to deactivate/disable your account with the option of reactivating it later, but this isn't deletion either.

To add to the fun, Instagram claims it will be impossible to resurrect data from your account, and your username can never be recycled to anyone again (even you).

They don't want you to go.

It can be permanently deleted, it just takes a few steps , and looking outside of the app.

What you need to do to

You need to log onto the Instagram website via computer or a mobile browser – you can NOT delete an account through the Instagram app.

What will deletion mean.

Photographs, followers, likes, location history, your username. All these things will be permanently gone. Should you try to rejoin at a later date – your username will be inaccessible to you or anyone else – it cannot be recycled.

Instagram claims it cannot resurrect this deleted material at a later date. Gone is gone.

Option A

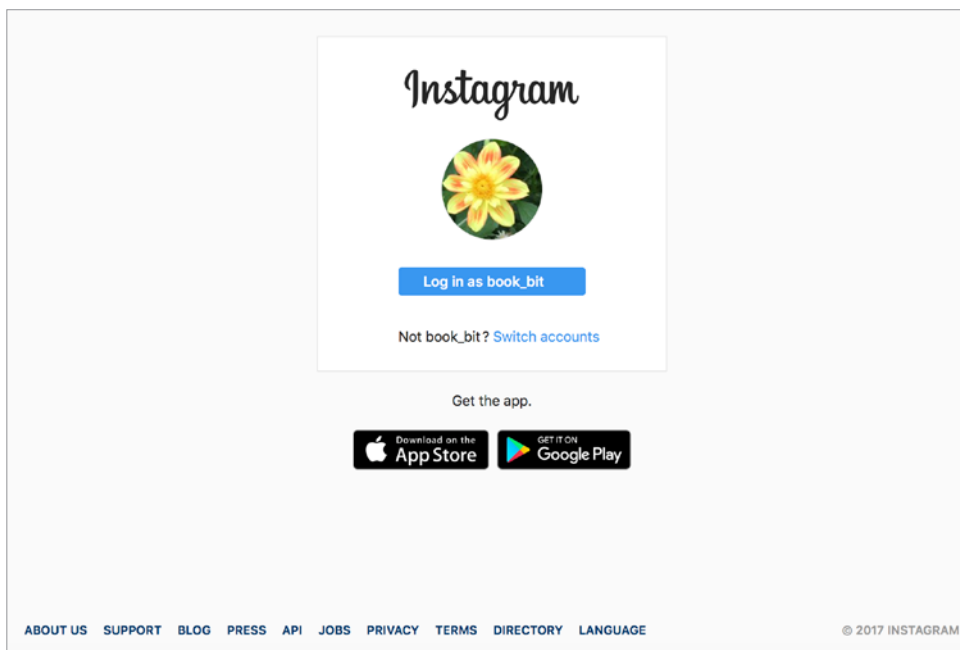
Take a break – deactivate and temporarily disable your account.

Option B

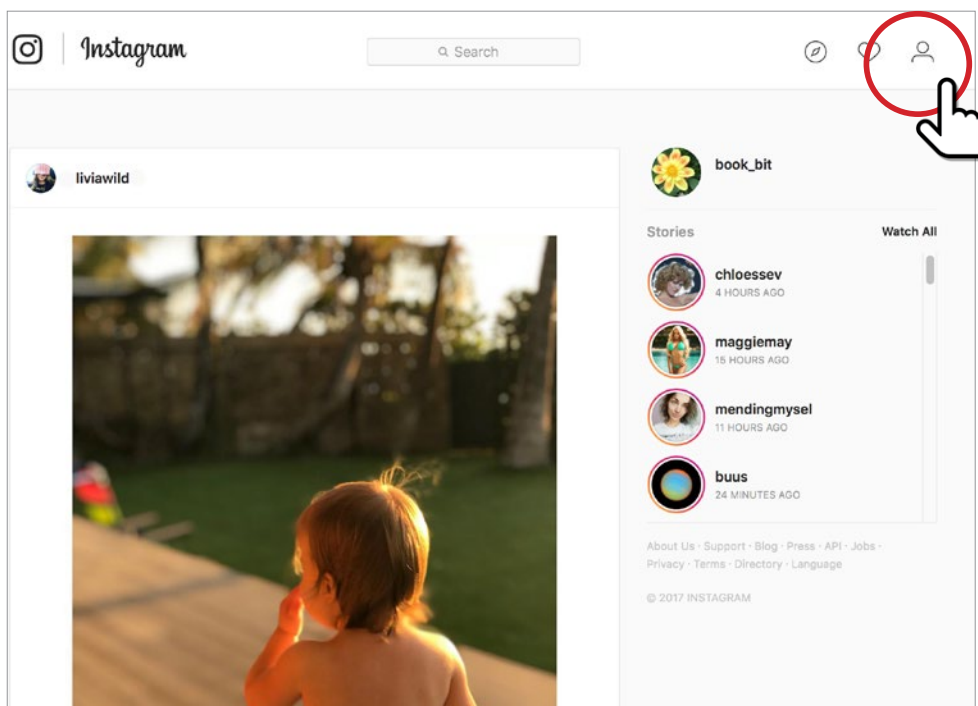
I'm done – this needs to go.

Option A - How to temporarily disable an Instagram account:

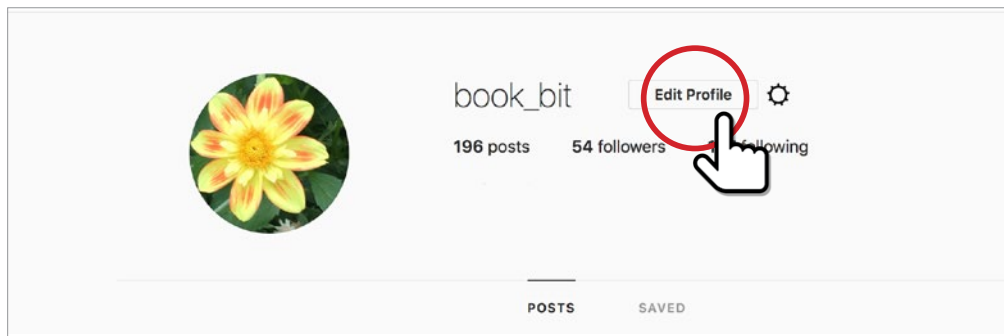
1. Use a browser to go to Instagram.com (you can't do it from the application).
2. Log in.



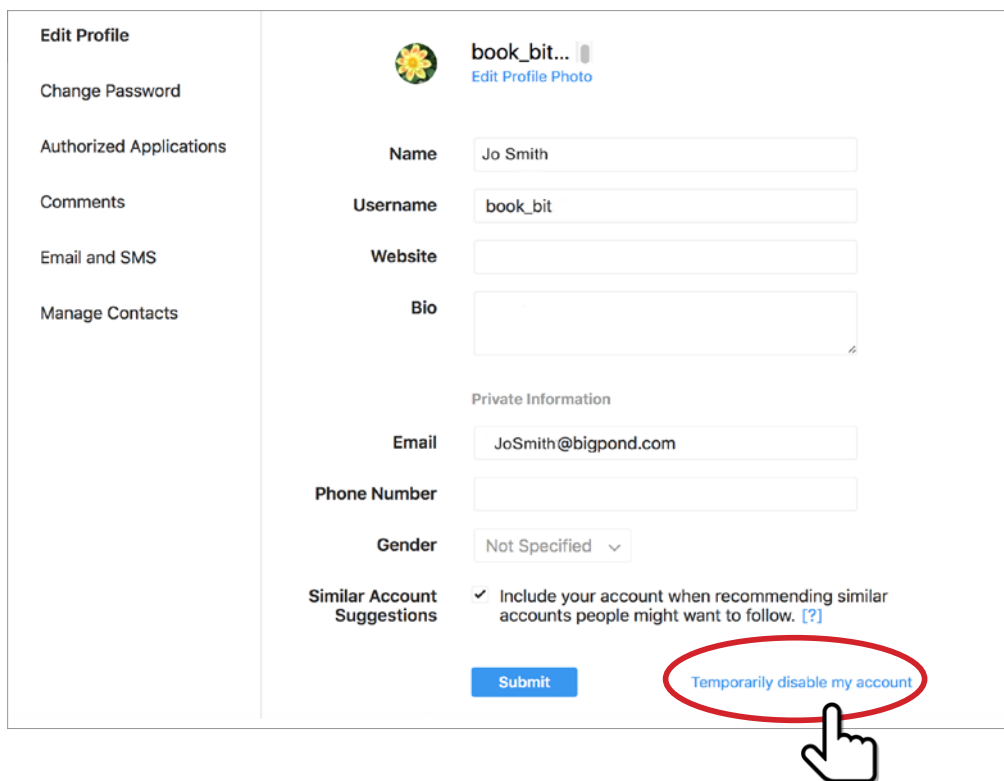
3. Click on the profile button in the top right corner.



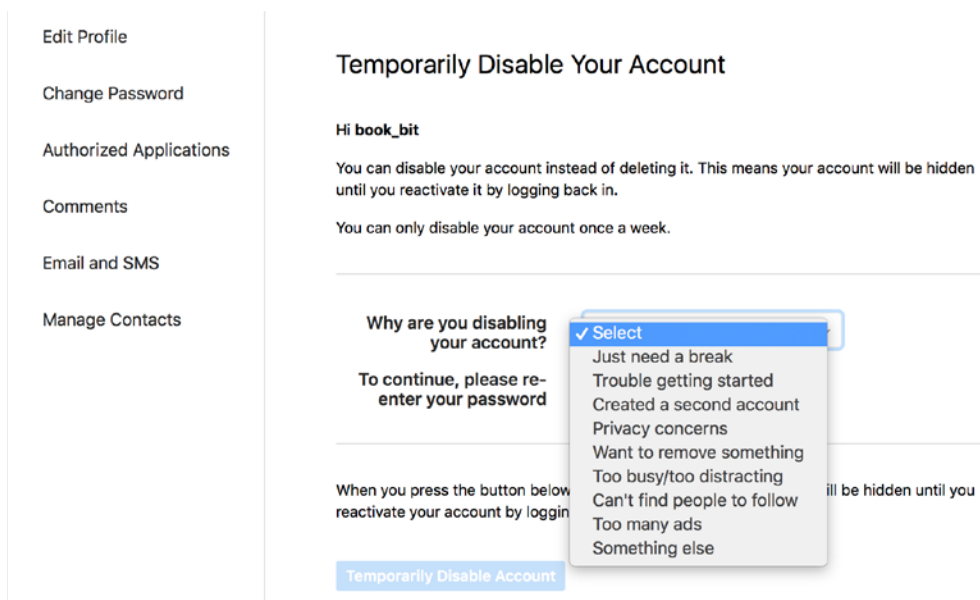
4. Next to your profile picture and user name, select **“Edit Profile”**.



5. Scroll down and select the **“Temporarily disable my account”** link.



6. Select a reason why you are disabling your account.



7. Re-enter your password.

Change Password

Authorized Applications

Comments

Email and SMS

Manage Contacts

Temporarily Disable Your Account

Hi **book_bit**

You can disable your account instead of deleting it. This means your account will be hidden until you reactivate it by logging back in.

You can only disable your account once a week.

Why are you disabling your account?

Before you temporarily disable your account, you might want to take a look at these articles in our Help Center.

- [I want to block a user](#)
- [I want a private account](#)
- [I want to unfollow a user](#)
- [My account was hacked](#)

To continue, please re-enter your password

When you press the button below, your photos, your comments and likes will be hidden until you reactivate your account by logging back in.

8. Click on the button that says “Temporarily Disable Account”.

Change Password

Authorized Applications

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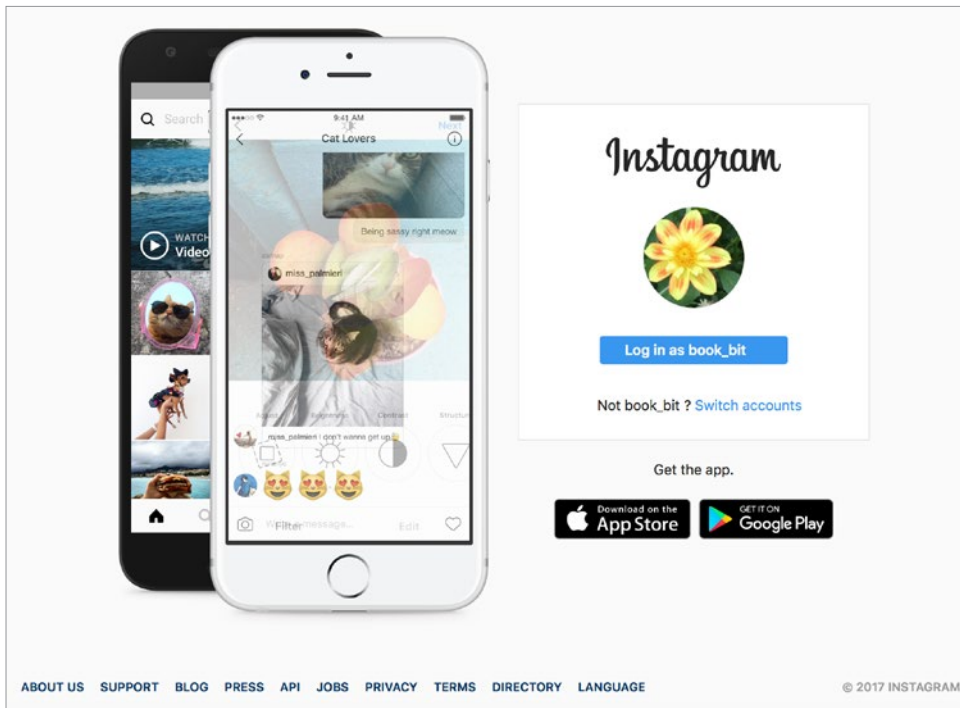
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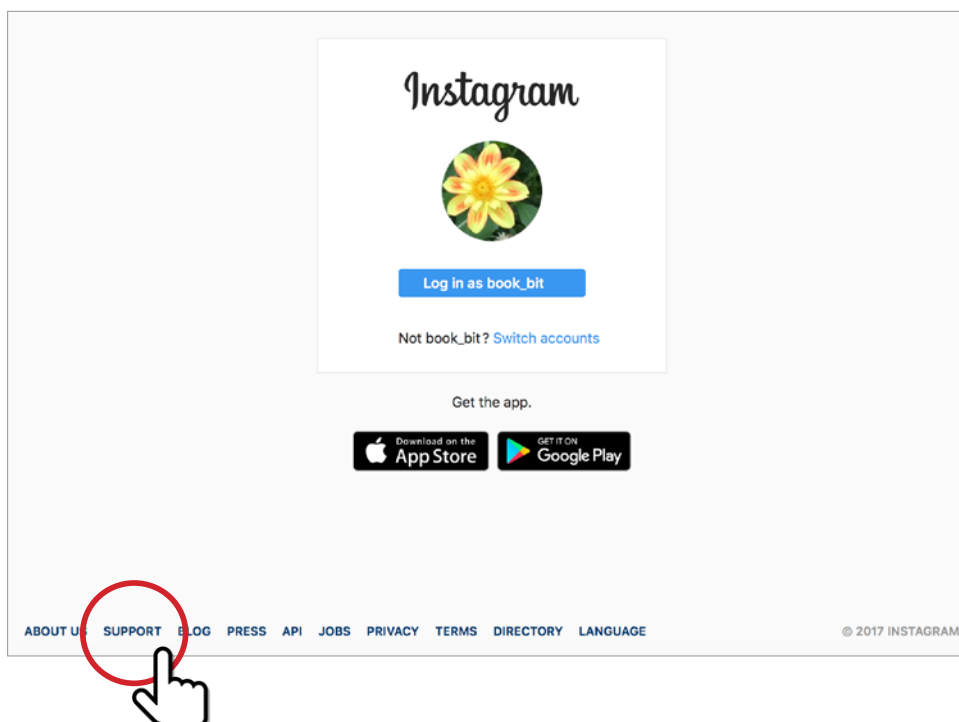
When you press the button below, your photos, comments and likes will be hidden until you reactivate your account by logging back in.

9. To reactivate the account, simply log back into it.

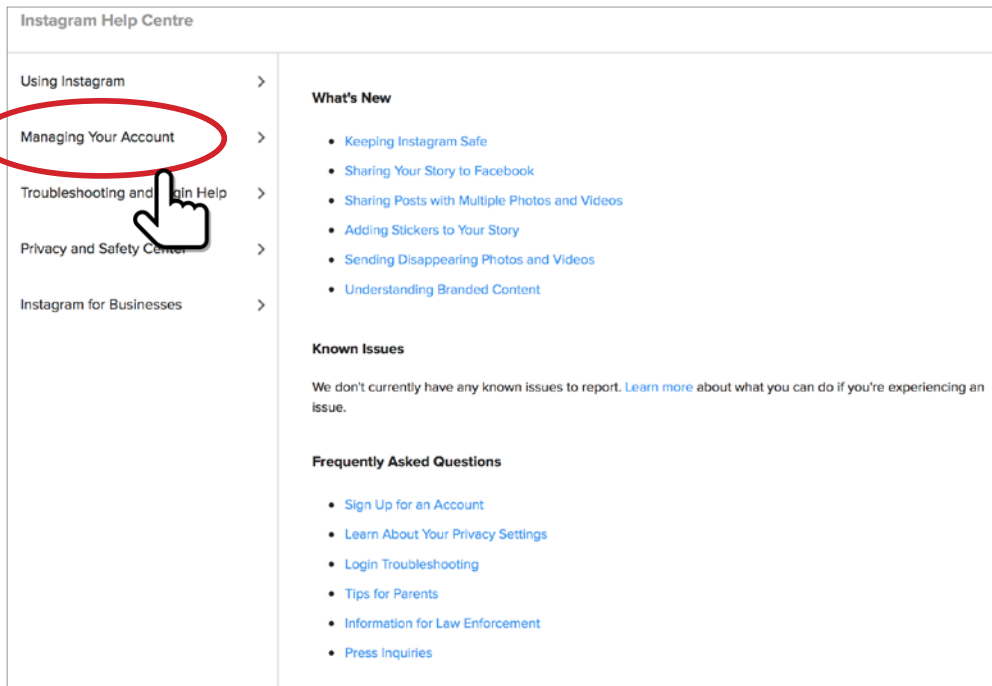


Option B - How to delete an Instagram account (permanently)

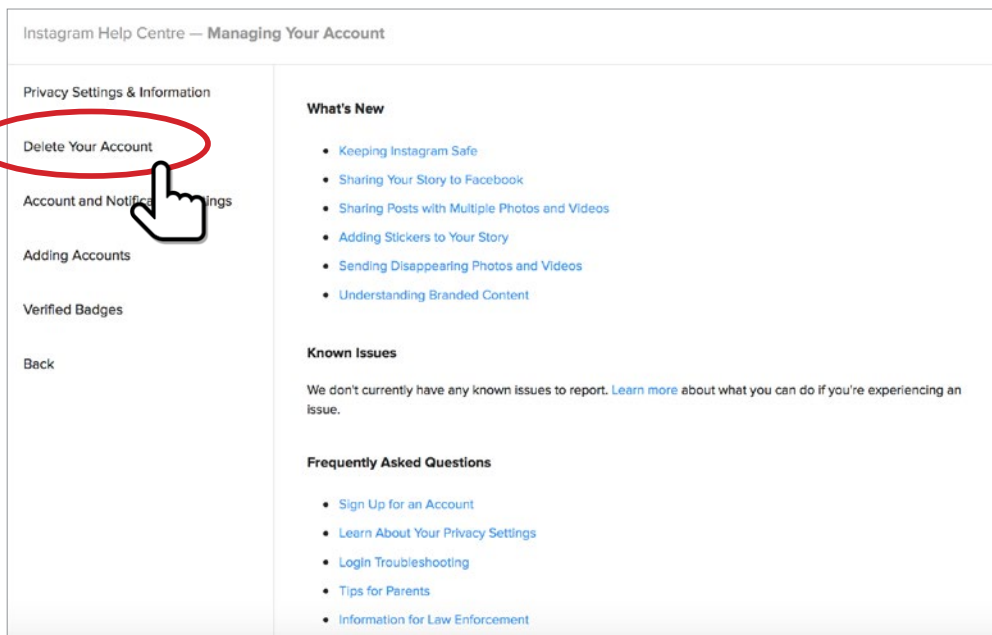
1. From a browser, go to Instagram's dedicated page for deleting accounts, do this by going to Instagram **SUPPORT**.



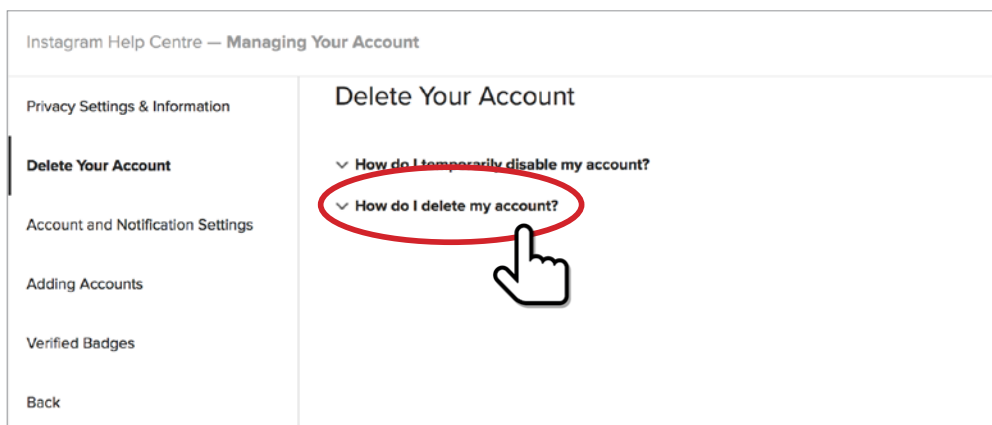
2. If you are not logged in, you will be asked to do so, then go to **Manage Your Account**.



3. Select **Delete Your Account**.



4. Choose **How do I delete my account**.



5. You will see this page below. Click on the link circled below. This will take you to **the Delete Your Account page**.

Instagram Help Centre

Using Instagram >

Managing Your Account >

Instagram for Business >

Troubleshooting and Login Help >

Privacy and Safety Center >

Delete Your Account

▼ How do I temporarily disable my account?


▼ How do I delete my account?

When you delete your account, your profile, photos, videos, comments, likes and followers will be permanently removed. If you'd just like to take a break, you can [temporarily disable your account](#) instead.

After you delete your account, you can't sign up again with the same username or add that username to another account, and we can't reactivate deleted accounts.

To permanently delete your account:

1. Go to [the Delete Your Account page](#). If you're not logged into Instagram on the web, you'll be asked to log in first. You can't delete your account from within the Instagram app.
2. Select an option from the drop-down menu next to **Why are you deleting your account?** and re-enter your password. The option you've permanently selected a reason from the menu.
3. Click or tap **Permanently delete my account**.

If you'd like to delete a different account, click the username in the top-right of the **Delete Your Account** page, tap/click on  next to username and select **Log Out**. Log back in as the account you want to delete and follow the directions above.

For security reasons, we can't delete an account for you. You'll need to be able to log into your account to delete it. If you can't remember your password or username, see some [tips for logging in](#).

Was this information helpful?

Yes No

[Permalink](#) - [Related Articles](#)

6. Select your reason for deleting the account. These are listed in the second screen shot below. Again, Instagram will attempt to steer you in the direction of disabling your account. Remain strong and continue on the deletion path.

YOUR ACCOUNT

Edit Profile >

Change Password >

Manage Applications >

Email Preferences >

Log Out


Delete Your Account

Hi **book_bit**

We're sorry to hear you'd like to delete your account.

If you're concerned about the changes to our Terms of Service, we've clarified some of the issues that people have asked us about.

If you're just looking to take a break, you can always temporarily disable your Instagram account instead

Why are you deleting your account? 

Why are you deleting your account?

- ✓ ---
- Trouble getting started
- Created a second account
- Privacy concerns
- Want to remove something
- Too busy/too distracting
- Can't find people to follow
- Something else

7. Re-enter your password.

8. Select the red button stating: **“Permanently delete my account”**.

Why are you deleting your account? Too busy/too distracting

We understand that you may be too busy to use Instagram and suggest removing the application from your phone through the following steps:

1. Locate the Instagram application.
2. Tap the application icon and hold it for a few seconds.
3. The screen will start to “wiggle” and finally an “X” will appear on the application icon.
4. Tap on the “X” and when asked whether to proceed, select “Delete”.

Removing the application should provide you with the break you're looking for. All of your photos and profile data will still be saved, but you will no longer receive push notifications, and then you can come back to your account when you like by reinstalling Instagram.

To continue, please re-enter your password

When you press the button below, your photos, comments, likes, friendships and all other data will be removed permanently and will not be recoverable. If you decide to create another Instagram account in the future, you cannot sign up with the same username again.

Permanently delete my account

9. Your account is now gone.

10. Congratulations.

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e: wecanhelp@safeonsocial.com

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