

I'm not a robot



How to unblock instagram

When you block someone on Instagram, you no longer see that person's posts, nor will he or she be able to interact with your profile. If you ever want to reverse this decision, though, you can unblock someone on Instagram at any time. Unblock Someone From His or Her Instagram Profile The easiest way to unblock someone is by visiting that person's Instagram profile. This works whether you're using the Instagram app for iPhone or Android, or Instagram on the web. Even if you've blocked someone, you can still search for their profile and visit it at any time. So, first, open the profile you want to unblock. Instead of the "Follow" or "Following" button, you'll see an "Unblock" button; tap it. Tap "Unblock" again in the confirmation box. Instagram will then tell you the profile is unblocked, and you can block it again at any time; tap "Dismiss." You still won't see any posts on that person's profile until you swipe down to refresh the page. If you don't remember the Instagram handle of someone you blocked, or it's changed, you can access a list of all the profiles you've blocked from the Settings page of your Instagram profile. To do this, open the Instagram app, and then tap your Profile icon in the bottom toolbar. Next, tap the three-line Menu button in the top-right corner of your profile. Tap "Settings." In "Settings," select "Privacy." Finally, tap "Blocked Accounts." You'll now see a list of every profile you've blocked. To unblock someone, tap "Unblock" next to that account. Confirm your action by tapping "Unblock" again in the popup. You'll now be able to see that person's posts and Stories in your feed once again. If there are more people you want to unblock, simply repeat the process. If you prefer, you can also unblock someone, but mute their posts and Stories to hide them from your Instagram feed. 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But sometimes we have to hit the block button on certain users due to personal reasons or spam accounts. If you've had a change of heart or want to reconnect, learning how to unblock people on Instagram is the key to opening that door again. Ready to undo the action? Here's the way! Whether it's a friend, a family member, or just someone you're ready to welcome back, unblocking someone is not that difficult. Method 1: Via Settings You can find the list of all blocked contacts from Instagram settings: Open Instagram and tap on your profile. Tap on the hamburger icon from the top right corner. Swipe down and select Blocked under Who can see your content. Now, tap on Unblock beside the user of your choice. That's it, the person will unblock someone on Instagram at any time. Unblock Someone From His or Her Instagram Profile The easiest way to unblock someone is by visiting that person's Instagram profile. 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Method 2: Via Direct Message Another way to do the same is by locating the user in your DMs. Here's how: Open Instagram and tap on the home icon at the bottom ribbon. Tap on the message icon in the top right corner. Select the user of your choice. Tap on the user profile. Now, tap on Unblock. This way, you can unblock someone easily on Instagram. Also Read: How to Send Gift Messages on Instagram in 2025 Now you will no longer have a difficult time figuring out how to unblock people on Instagram after following this guide. For more helpful tips and tricks, stay tuned, and feel free to share your suggestions in the comments below. Download Article Learn how to block and unblock Insta stories quickly & easily Download Article This wikiHow guide teaches you how to block someone on Instagram, and unblock someone you've already blocked. You can perform both actions on the Instagram app for Android, iPhone, and iPad, as well as on the Instagram website when using a computer. If you're being harassed by someone who makes new accounts when you block them, consider reporting them and making your account private. You cannot unblock yourself from another user's block list. Go to a user's profile. Click/tap the three-dot menu icon. Click/tap Block. Click/tap Block again to confirm. To unblock in your settings, tap Blocked, select the user, and tap Unblock. 1 Go to a user's profile. Scroll through the home page until you find a user you want to block and tap their profile picture. You can also tap Search at the bottom of the screen and type in their name or username to find their profile. 2 Tap the three-dot menu in the upper-right corner of the screen. A menu with a number of actions will pop up on your screen. Advertisement 3 Tap Block. The button has red text, and it's the second one from the top. 4 Tap Block a second time to confirm. Doing so will add the user to your profile's "Blocked Users" list, meaning that they won't be able to see your profile or comments.[1] On Android, tap Yes, I'm sure when prompted. Advertisement 1 Tap the chat icon in the upper-right corner of the Home screen. This button has a chat bubble with a squiggle/zig zag. 2 Tap a chat with the person you want to block. If you haven't chatted with this user, there should still be an empty chat with them at the bottom of the chats page under Suggestions. 3 Tap the user's name at the top of the chat. Alternatively, you can click View profile and block them using the steps to block from a profile. 4 Tap the button that says Options. This is the fourth option in the horizontal list of buttons under the user's name, and it has a three-dot icon. 5 Tap Block. It's the second option on the list. 6 Tap Block a second time to confirm. This user will now be on your blocked users list. Advertisement 1 Tap your profile tab. It's in the bottom-right corner of the screen. This will open your profile page. If you have more than one Instagram profile signed in, this profile tab will resemble your profile picture instead. 2 Tap ≡. It's on the upper-right side of the window. A pop-up menu will appear. 3 Scroll down and tap Block. It's under the "Who can see your content" heading. 4 Tap Unblock next to the person you want to unblock. Doing so immediately unblocks the person. On Android, you'll tap Yes, I'm sure after tapping Unblock to confirm your choice. Advertisement 1 Select a user to block. Scroll through your homepage until you find someone you want to block, then click their profile name to go to their account page. You can also type their username or profile name into the search bar at the top of the Instagram page and then click their profile in the resulting drop-down menu. 2 Click ⋮. You'll see this icon at the top of the person's profile, to the right of their name. A menu will appear. 3 Click Block. It's at the top of the menu, with red text. 4 Click Block when prompted. Doing so will add the account to your list of blocked users. Advertisement 1 Click the Messages button in the left-hand sidebar. It has an icon of a paper airplane. 2 Click on a chat with the person you want to block. All of your chats will be in the left-hand sidebar. 3 Click the i button in the top-right corner. The i is surrounded by a circle. 4 Click Block. It's the second option on the list. 5 Click Block a second time to confirm. This user will now be on your blocked users list. Advertisement 1 Click on your profile. It's the small version of your profile photo in the left-hand sidebar. 2 Click the settings cog. It's at the top of the screen, next to your username. 3 Click Settings & privacy. It's the fourth option on the list. 4 Scroll down and click Blocked. It's under the "Who can see your content" heading in the middle panel. 5 Click Unblock next to the person you want to unblock. Doing so immediately unblocks the person. Advertisement Add New Question Question How can I tell whether someone has blocked me? If you can't search for them or see their account, then they have blocked you. Question My boyfriend and I blocked each other. How do we unblock each other? Contact Instagram for help. Once you block someone, their name disappears from your list, so you cannot select them to unblock them. Question I'm unable to log into Instagram; does that mean that someone has blocked me? No, your account might have gotten deleted / removed, (possibly by Instagram or a hacker) or you need to change your password, from not remembering it. See more answers Ask a Question Advertisement Thanks Thanks Thanks Show More Tips Advertisement 1 Written by: wikiHow Technology Writer This article was co-authored by wikiHow staff writer, Nicole Levine, MFA. Nicole Levine is a Technology Writer and Editor for wikiHow. She has more than 20 years of experience creating technical documentation and leading support teams at major web hosting and software companies. Nicole also holds an MFA in Creative Writing from Portland State University and teaches composition, fiction-writing, and zine-making at various institutions. This article has been viewed 1,544,352 times. Co-authors: 30 Updated: February 1, 2025 Views: 1,544,352 Categories: Instagram Accounts Print Send fan mail to authors Thanks to all authors for creating a page that has been read 1,544,352 times. It's easy to unblock a user on Instagram, either from Settings or from that user's profile. SOPA Images/Getty Images This story is available exclusively to Business Insider subscribers. Become an Insider and start reading now. You can unblock someone on the Instagram app from Settings or their profile. When you unblock someone on Instagram, they can message you and view your profile if it's public. Blocked Instagram users are unable to see your posts and stories, message you, or follow you. Instagram is a great place to share photos with your friends and family. But if you find yourself the target of harassment or trolling, the blocking feature can come in handy. Instagram does not give users any sort of notification that they've been blocked or unblocked. When you block a user, you are prohibiting them from messaging or following you and seeing your posts or stories. To block someone, you'll need to go to their profile page, tap or click the three dots to the right of their name, and select Block. If you ever change your mind, however, unblocking someone on Instagram is just as easy — and only takes a few minutes. Quick tip: You can view your list of blocked users in the Privacy section of Settings. How to unblock someone on Instagram You can unblock someone on the Instagram app through Settings or the user's profile. From Settings: 1. Open the Instagram app on your iPhone or Android. 2. From the Instagram homepage, tap your profile icon in the bottom-right corner. 3. Tap the icon of three horizontal lines in the top-right corner of your profile page. Tap the icon of three horizontal lines. Grace Eliza Goodwin/Insider 4. At the top of the pop-up menu, select Settings, next to a gear-shaped icon. Select "Settings" in the pop-up menu. Grace Eliza Goodwin/Insider 5. On the Settings page, tap Privacy, next to an icon of a lock. Go to "Privacy." Grace Eliza Goodwin/Insider 6. In the Connections section, tap Blocked Accounts. Go to "Blocked Accounts." Grace Eliza Goodwin/Insider 7. On the Blocked Accounts page, tap the blue Unblock button next to the user you want to unblock. Next to the user you want to unblock, select "Unblock." Grace Eliza Goodwin/Insider 8. In the pop-up, select Unblock. This will allow the user to once again view your profile, follow your account, message you, and like your posts if your profile is public. If you want to follow someone you've recently unblocked, you'll need to follow them again. Select "Unblock" to complete the process. Grace Eliza Goodwin/Insider From their profile: 1. Open the Instagram app on your iPhone or Android. 2. Go to the user's profile you want to unblock, either by searching for their account, scrolling through your followers list, or tapping the name of an account that appears on your timeline. 3. Tap the blue Unblock button at the top of their profile, underneath their name and bio. Tap "Unblock" on their profile. Grace Eliza Goodwin/Insider 4. Select Unblock again in the pop-up to confirm. If you want to follow someone you've recently unblocked, you'll need to follow them again. 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