igeeksbl^{_}G

After facing a lot of heat online, Threads has finally allowed users to delete their accounts without having to bid farewell to Instagram. If you no longer wish to use the app, here's how you can deactivate or delete your Threads account on your iPhone. Additionally, if you're seeking a digital detox or need some time away from the app, I've got a solution for that too.



How to deactivate or delete Instagram Threads account on iPhone

- 1. Launch the **Threads** app \rightarrow Tap the **Profile** icon \rightarrow Select the **menu icon (two lines)**.
- 2. Choose the **Account** option.



- 3. Now, tap the **Deactivate or delete profile** option to proceed.
- 4. Here, you can opt for one of the following: **Deactivating** or **Deleting Profile**.

4:02 🕇	all 🗢 🖽	4:02 🕇	al 🗢 🖽
< Back Account		< Back	Deactivate or delete
Break reminder	>		
Media quality	>		@4ibin@threads.net Jibin Joseph Peedi
Accessibility	>	Deactivatir	ng your profile is temporary
Deactivate or delete profile	>	Your Threads profile, content, likes and followers will not be visible to anyone until you reactivate your	
Other account settings	Z	profile by lo	gging back in. Learn more
Some settings, like username and password, apply to both Threads and Instagram and can be managed on Instagram.		Deleting your profile is permanent Your Threads profile, content, likes and followers will be hidden before being permanently removed in 30	
Personal information	Ø	days. Learn	more
Supervision	Ø	Only applie	es to your Threads profile
Security	Ø	or deactivat	
Language	Ø		
Account status	Ø		
Download your information	Z		
Transfer your information	Ø		
			Deactivate profile
	<u> –</u>		Delete profile
	0		

Below, I have mentioned the steps for both.

Deactivate Threads profile

- 1. Tap **Deactivate profile** \rightarrow Select **Deactivate** when prompted.
- $2. \ \mbox{Wait}$ for a moment or two while the action is being executed.

12.10	🗢 78			
< Back	Deactivate or delete			
0	@test_igb_@threads.net Techy Nishant			
Deactivating your profile is temporary				
Your Threads profile, content, likes and followers will not be visible to anyone until you reactivate your profile by logging back in. Learn more				
Deleting your profile is permanent				
Your Thread hidden befo Learn more				
Only on	Are you sure?			
Your Ins				
	Cancel Deactivate			
	Deactivate profile			
	Deactivate profile Deiete profile			

Note: When you deactivate an Instagram Threads account, all your threads, replies, and likes will stay hidden until you reactivate the account. However, it will not affect your Instagram profile in any way.

Delete Threads profile

- 1. Hit **Delete profile**.
- 2. Enter your Instagram password and tap Delete Threads Profile.

igeeksbl@g

12:18	? E
Cancel	
Log in to permanently delete yo profile	ur Threads
Username Otast isb. Othroads pat	രി
(อเธราได้ท_โดยแรงของาเอร	
Password	
Delete Threads profile	

3. Tap **Delete** to conclude the process.

Please be informed that your profile will be permanently removed from the Threads database in 30 days. Furthermore, all the information associated with it, such as your posts, comments, likes, and messages, will be erased and cannot be recovered.

If you're someone who just wishes to have a <u>mindful Instagram Thread experience</u>, you don't have to do something as extreme as deactivating or deleting the app. There is a special feature that reminds you to take a break once in a while.

igeeksbl@g

How to set a Break reminder in Instagram Threads on iPhone

- 1. Access the **Threads** app on your iPhone.
- 2. Tap the **Profile** icon at the bottom right \rightarrow Tap the **menu icon (two lines)** \rightarrow Select **Account**.
- 3. Pick **Break reminder** to proceed.
- 4. Now you can select a **time frame** of your preference, post which you'll receive reminders to take a break from Threads.



You can choose from 10, 20, or 30 minutes to set a reminder!

Break the Thread!

That's it! It's pretty simple to take control of your digital well-being by taking a break, deleting, or deactivating your Threads account on your iPhone.

Thank you for reading. But before you go, please take a moment to drop your thoughts in the comments below.

Read more:

- <u>15 + Best Instagram Threads tips and tricks you should know</u>
- Threads vs. Twitter: 10 Key differences you must know!
- Threads app crashing on iPhone? How to fix it!