iGEEKSBLOG

Linking Facebook and Instagram accounts makes cross-platform sharing effortless. However, at times, you might want to portray two different sides to your personality or cater to different sets of audiences on either platform. To do that, you'll have to unlink Facebook and Instagram from the Meta Accounts Centre.

Before I show you how it's done, let me assure you that disconnecting Facebook and Instagram won't delete the posts you have already shared. Apart from posts, your followers, preferences, likes, reels, and so on will remain independently intact on both platforms.

With basics out of the way, let's quickly look at how to unlink your Facebook account from Instagram on your iPhone or Computer.

Table of Contents

How to unlink Facebook and Instagram on iPhone

To unlink your Facebook and Instagram accounts, you need the login credentials to just one of the two accounts. Depending on the app you are logged in, choose one of these two methods:

## How to unlink a Facebook account from Instagram on an iPhone

1. Launch **Instagram** → Tap the **profile icon** at the bottom right.
2. Tap the **hamburger menu** to enter **Settings and privacy**.
3. Select **Accounts Centre** → Pick **Accounts**.
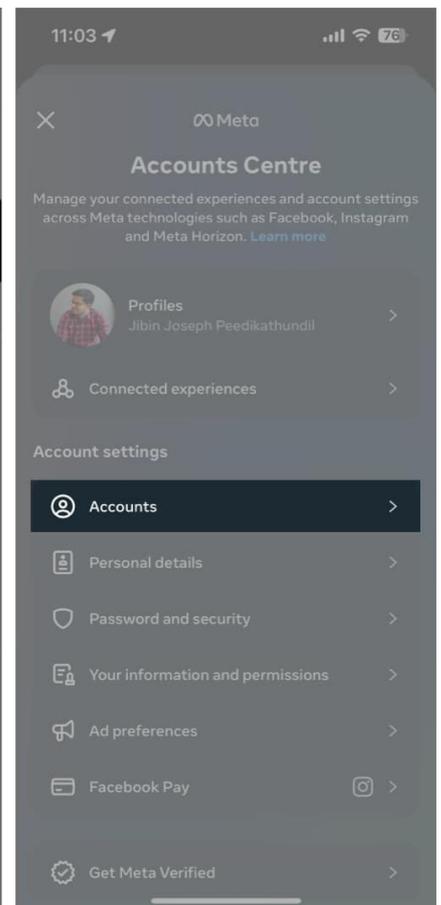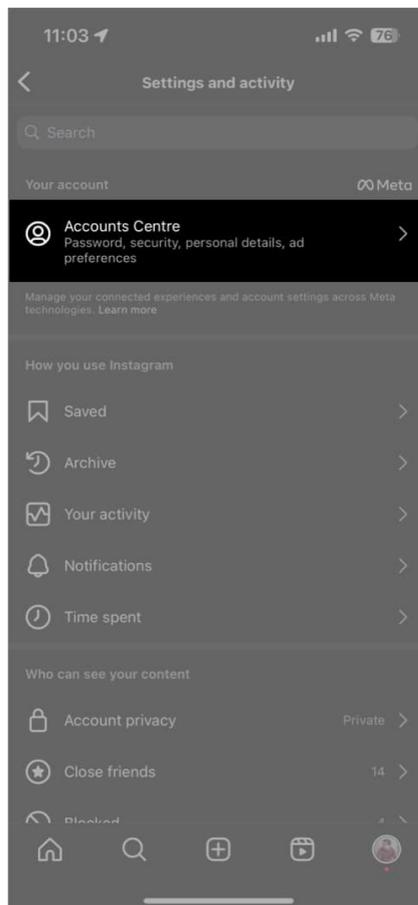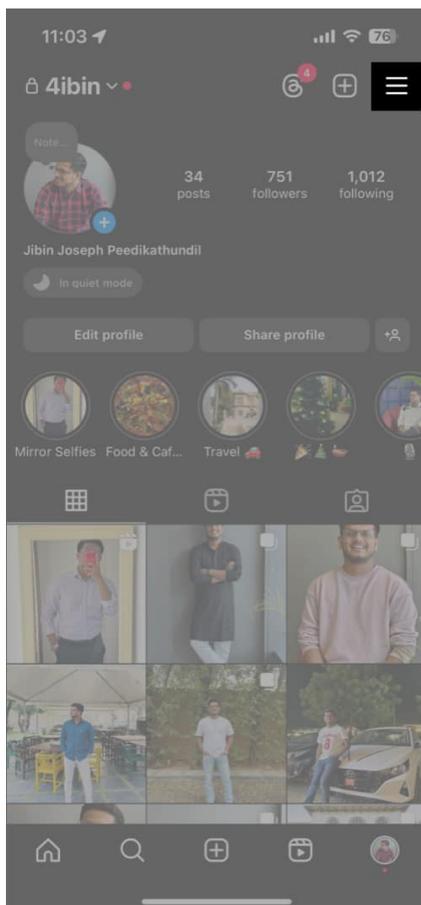
4. Tap **Remove** next to your Facebook account.
5. In the subsequent window, select **Remove account**.
6. Read the instructions and tap **Continue**.
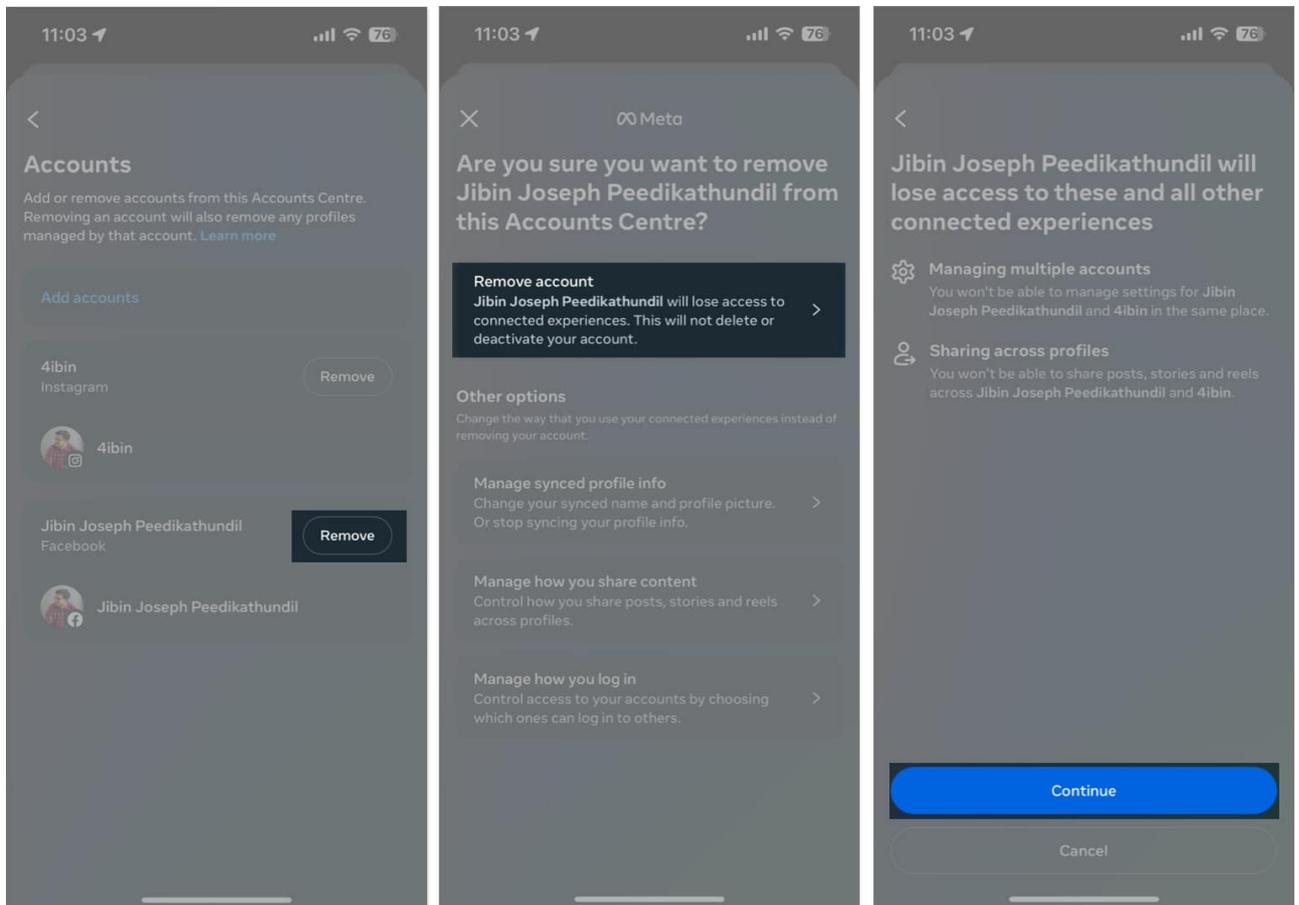
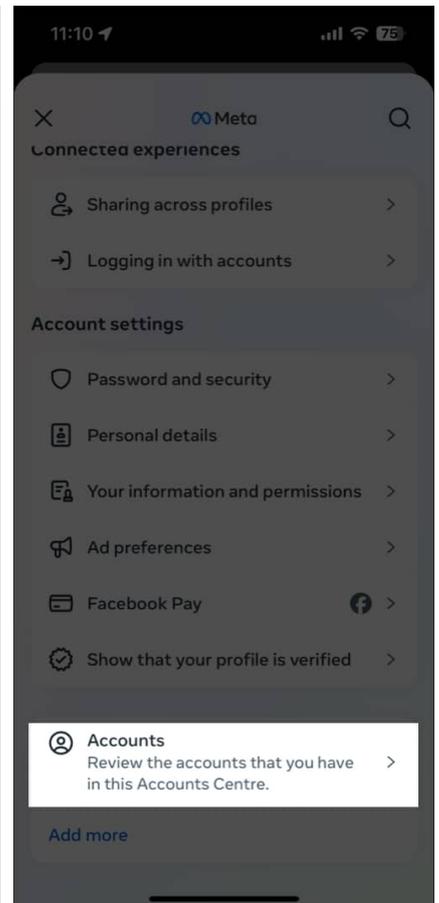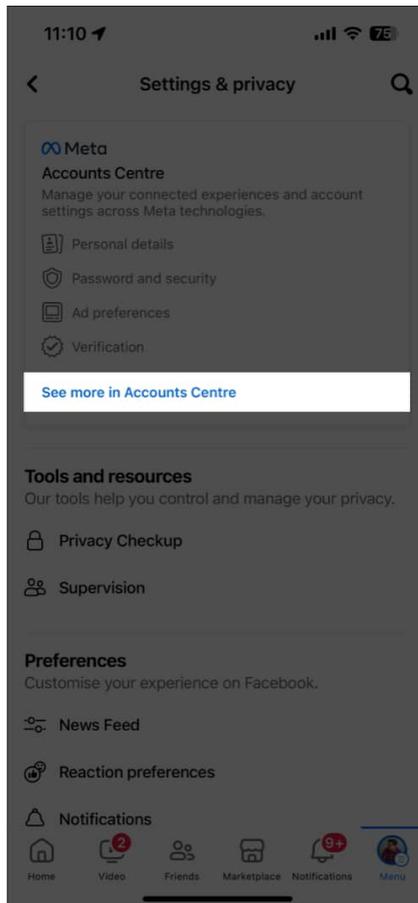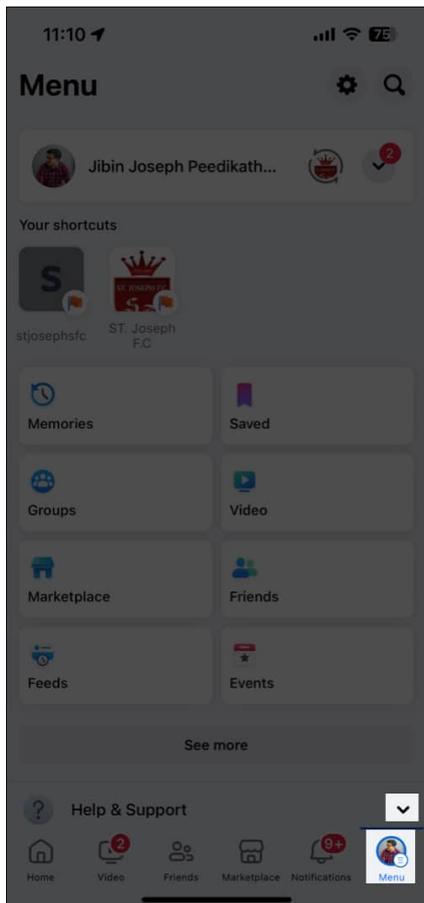7. Finish the process by tapping **Yes, remove (account name)**.
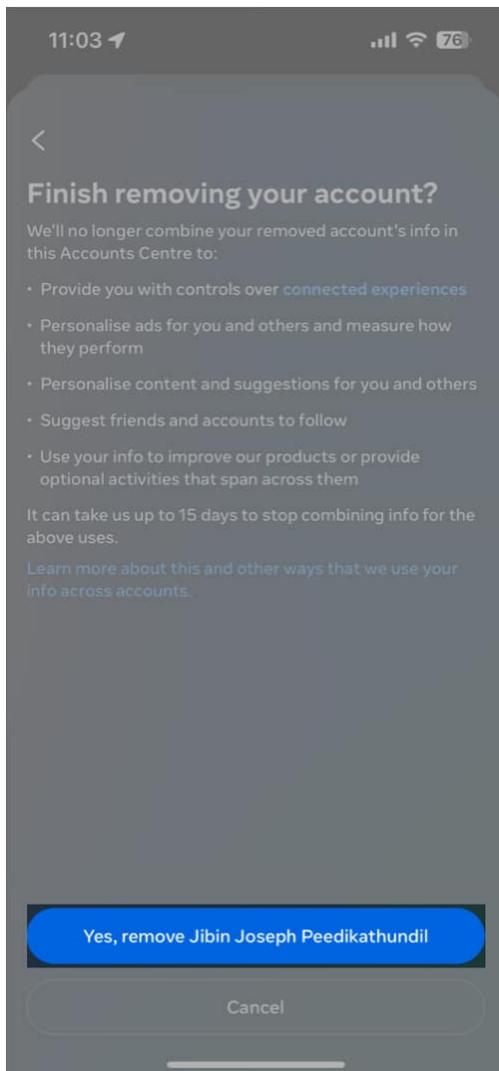
Remember, if you created your Instagram account using Facebook or were using Facebook credentials to log in, you might have to follow a few more on-screen instructions to complete the unlinking.

For instance, you'll be asked to [change your Instagram password](#) if it matches your existing Facebook password.
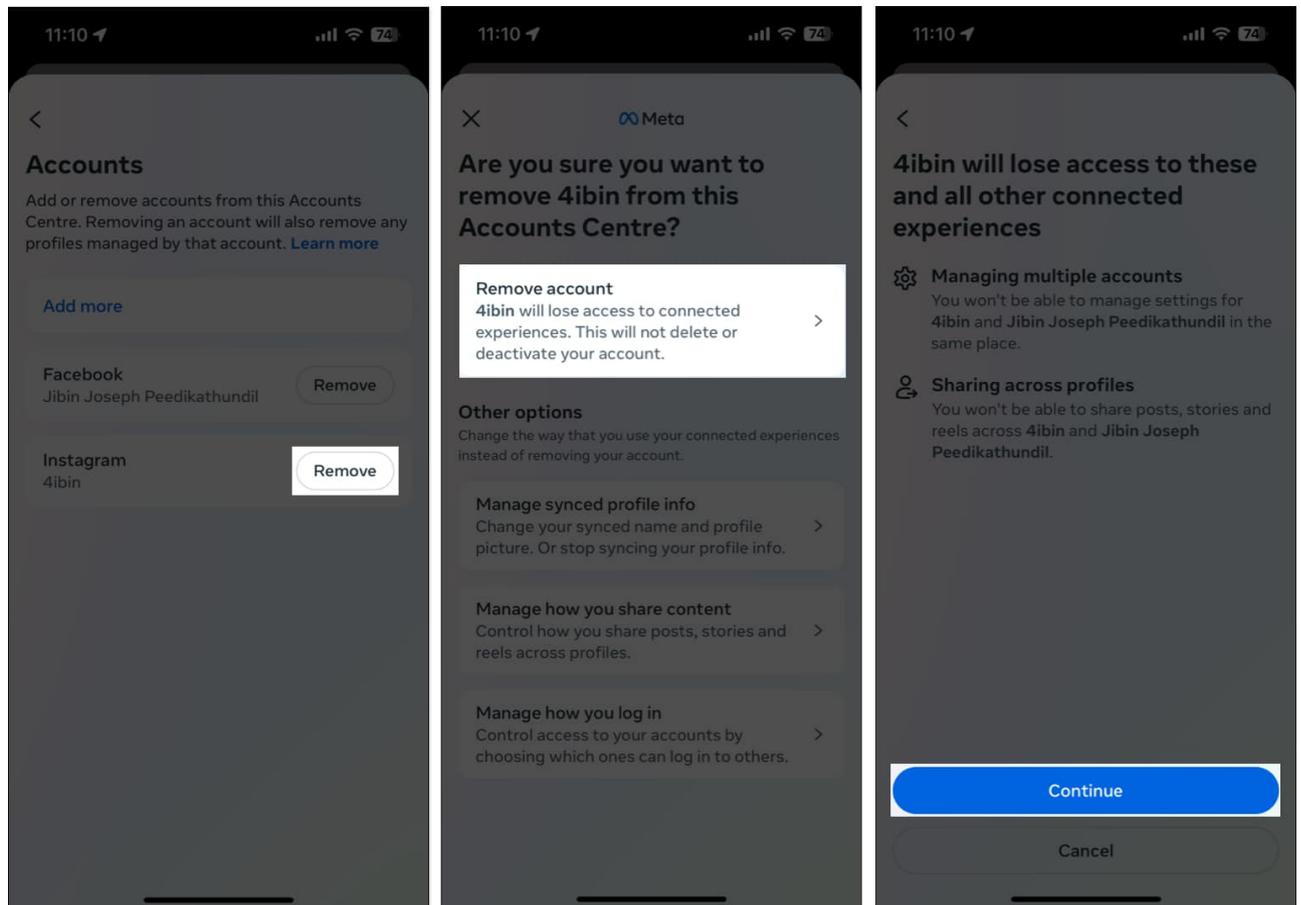
Unlink using the Facebook app

1. Launch the **Facebook** app.
2. Tap the **profile icon** at the bottom right to enter Menu.
3. Tap the **gear icon** to enter **Settings & privacy**.

4. Select **See more in Accounts Centre**.
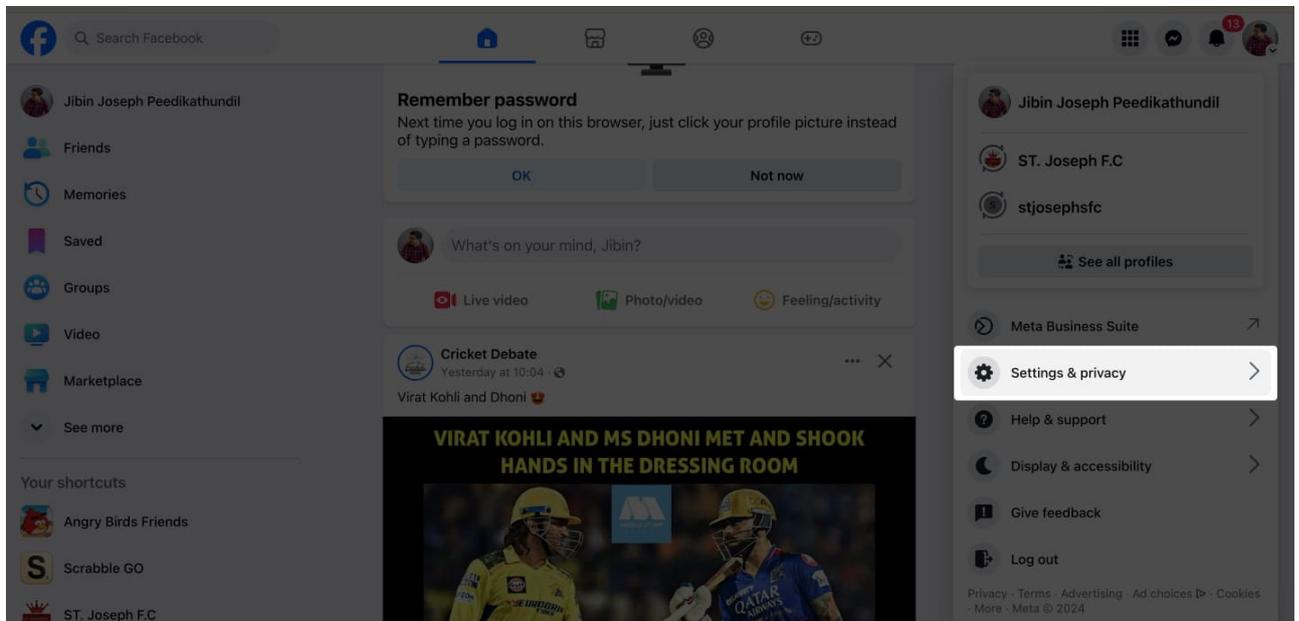5. Scroll down to the bottom and pick **Accounts**.

6. Now, tap **Remove** next to your Instagram account.
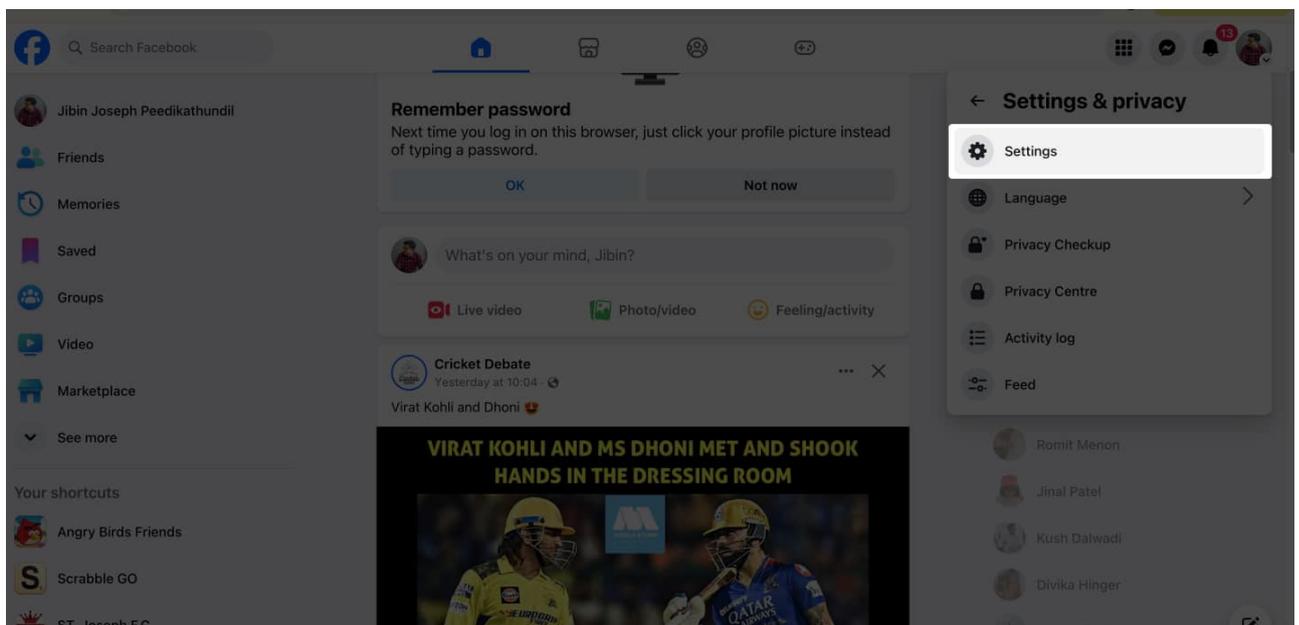7. Tap **Remove account → Continue → Yes, remove (account name)** to finish the process.

How to unlink your Instagram account from Facebook on a Computer

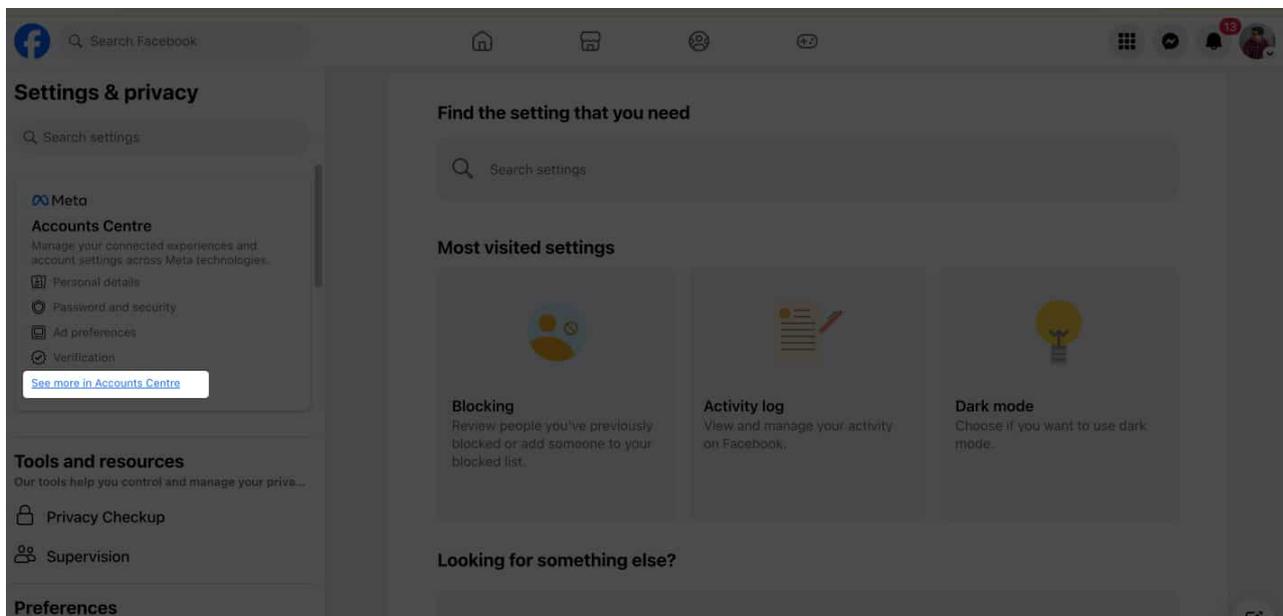1. Visit the official **Facebook** website and **sign in** to your account.
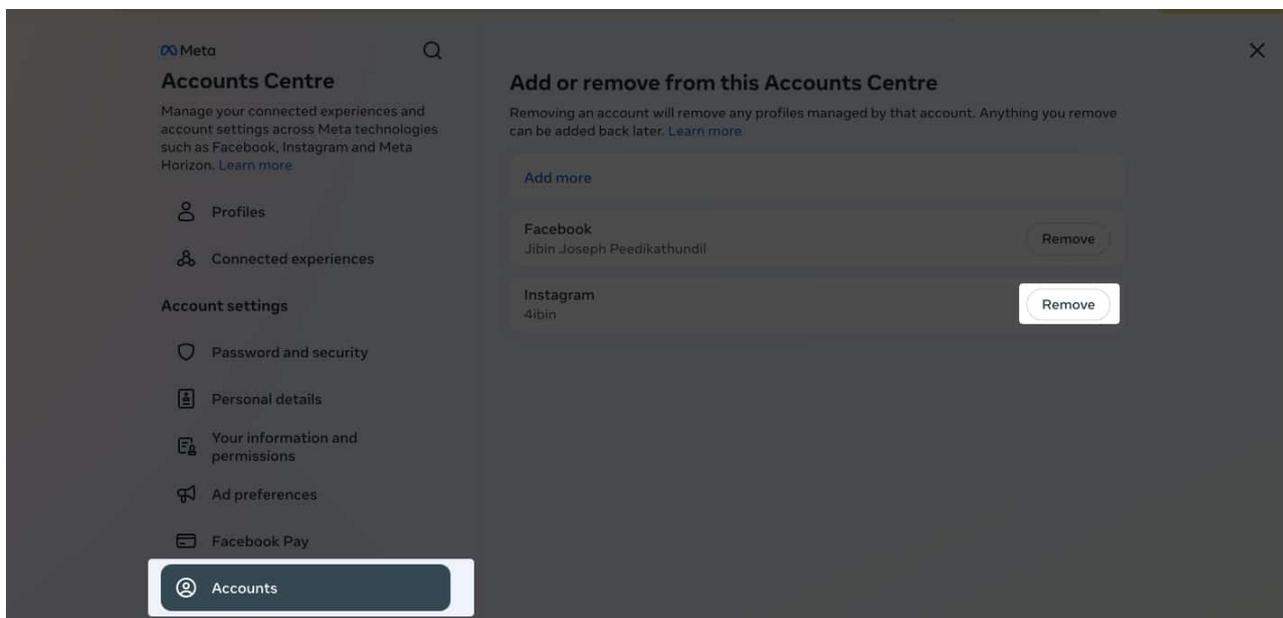2. Click your **profile icon** → Select **Settings & privacy**.
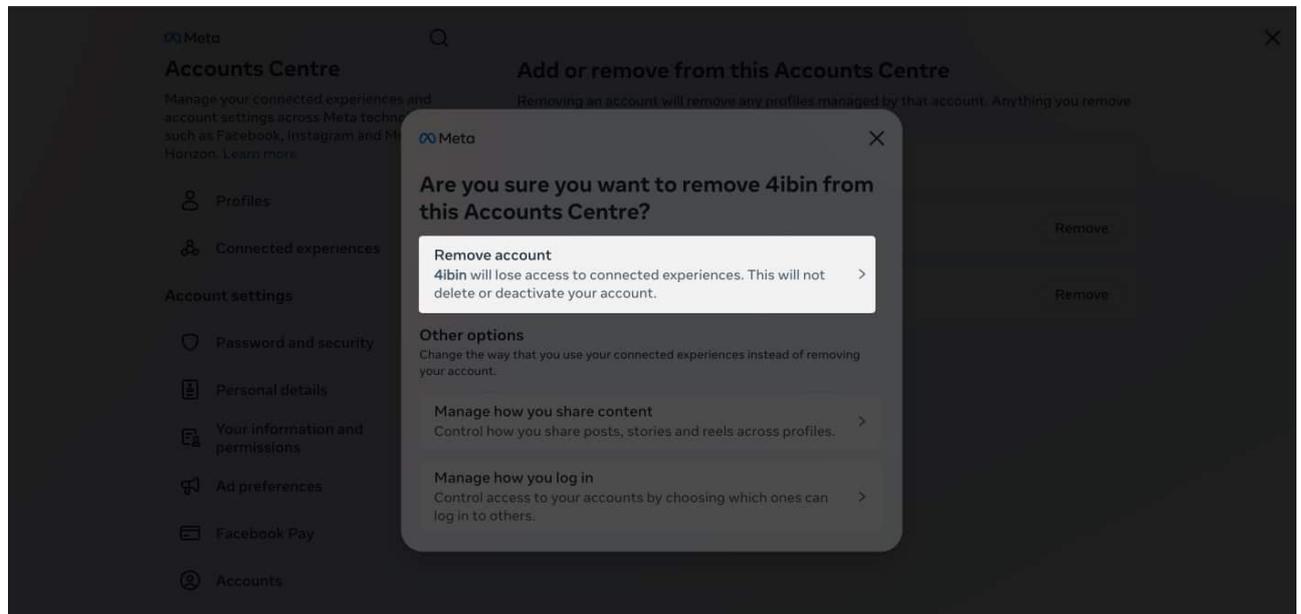
3. Pick **Settings**.

4. From the sidebar, select **See more in Accounts Centre**.

5. Then go to **Accounts**.
6. Click **Remove** next to the account you wish to unlink.

7. Select **Remove account → Continue → Yes, remove (account name)** to finish the process.

You can complete the process from the official Instagram site too. But as you know, its UI is quite dated and offers fewer features.

Still, if you have no other option, go to the **Instagram website → More → Settings → See more in Accounts Centre** and follow **steps 5-8** from above to complete the unlinking.

How to limit your Instagram-Facebook interaction

While unlinking Facebook from Instagram is easy, it will leave you at a dead-end. I mean, the two accounts will not recognize each other or be in sync.

So, instead of completely unlinking the two, I'd suggest turning off the automatic share options. This action stops the default sharing of posts on both platforms.

In fact, while posting, you can choose whether you want to share it on both platforms. To achieve this control from your iPhone:

1. Visit the **Accounts Centre** on either the Instagram or Facebook app.
2. Go to **Connected Experiences**.
3. Select **Sharing across profiles**.
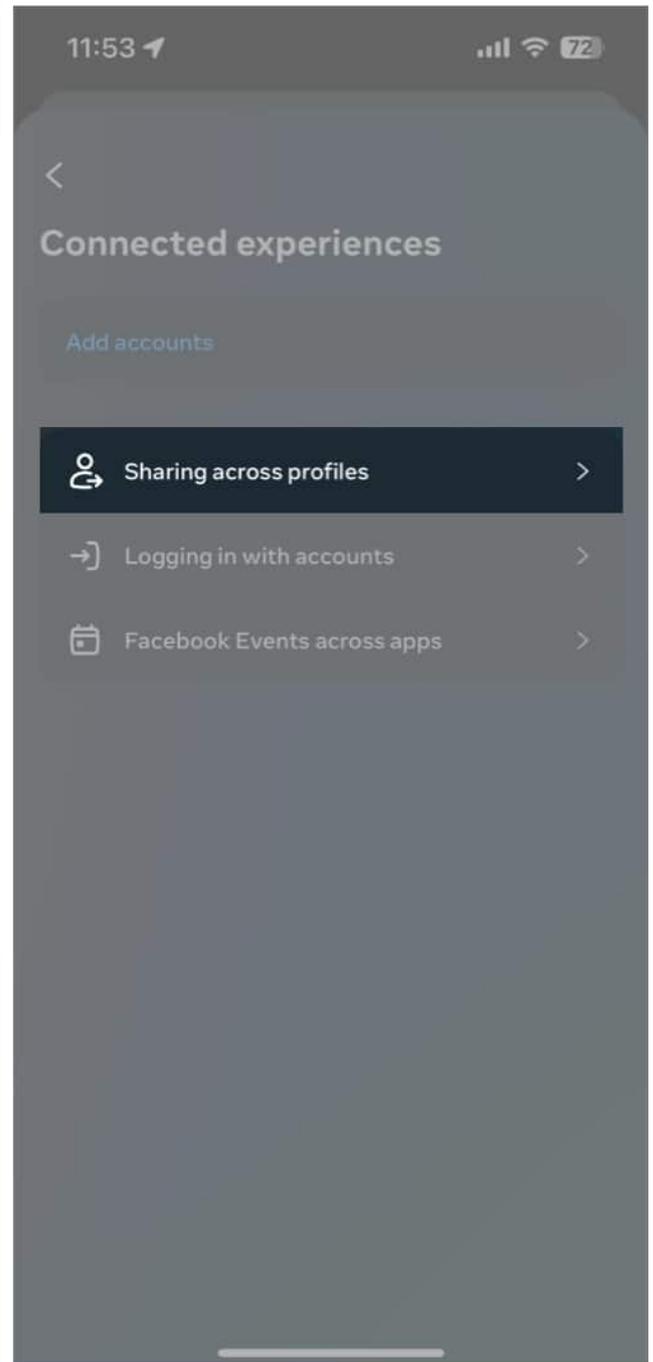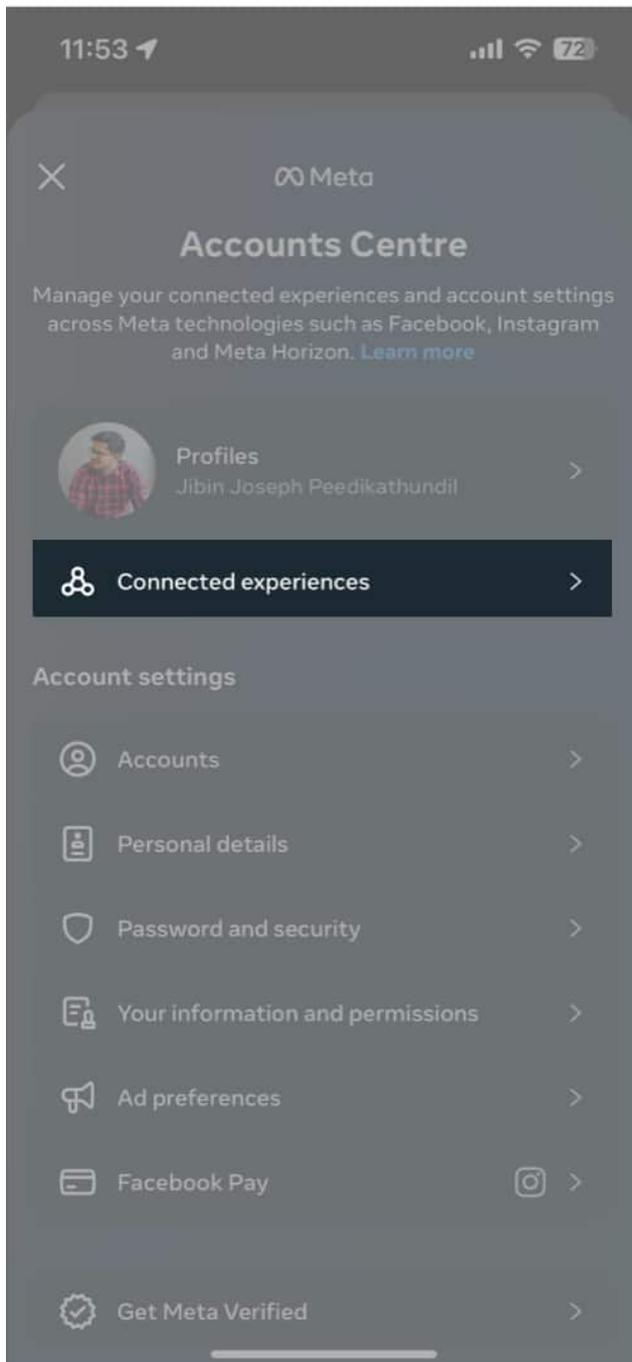
4. From the **Share from** section, pick your **Instagram** or **Facebook** account.
5. **Toggle off** the options under **Automatically Share** to stop sharing.
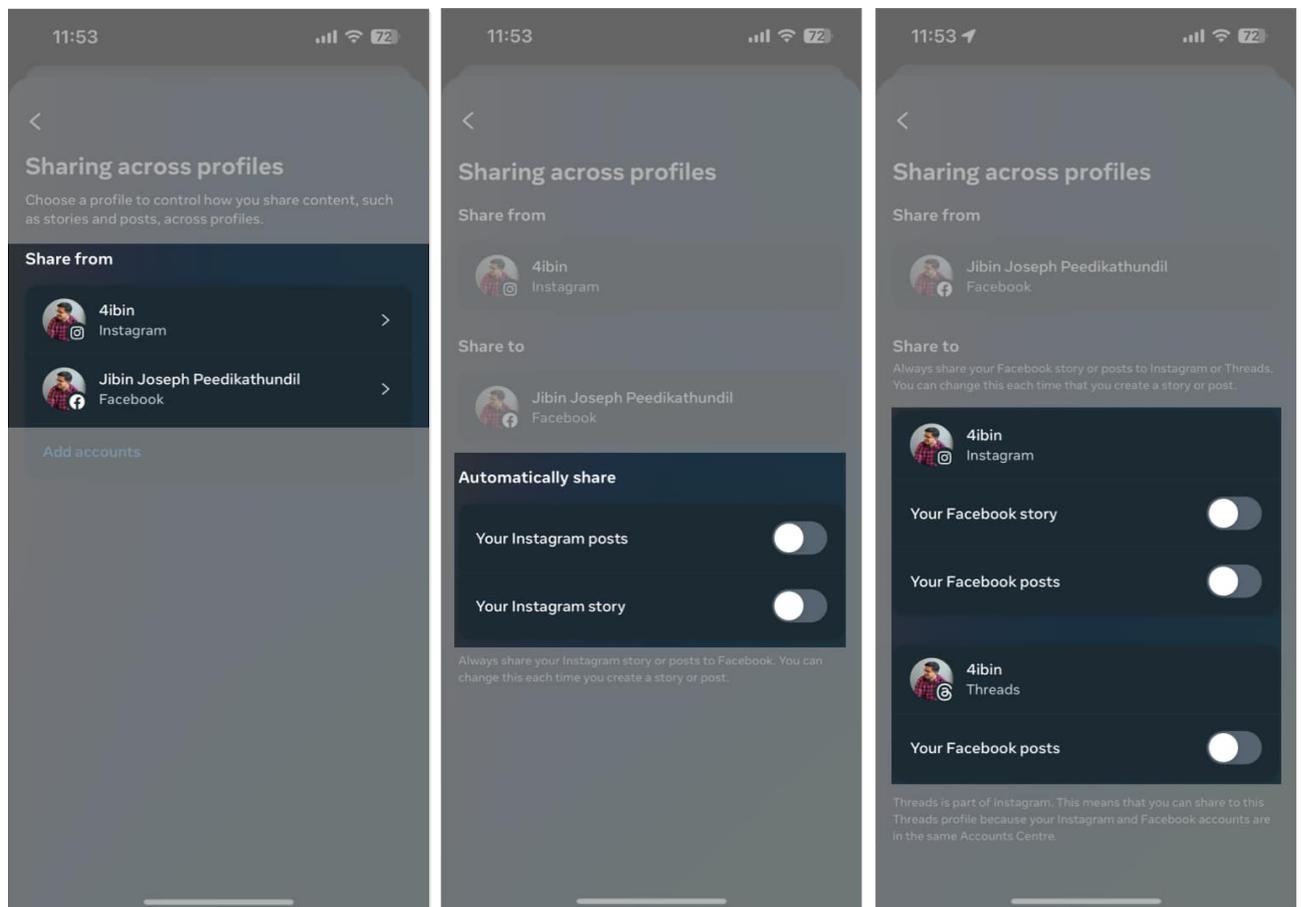
Conclusion

Instagram generally tends to have a younger audience than Facebook. So, for a lot of youngsters, sharing the same content on both might not be fun. (I won't tell you why 🙂)

As you just saw, Meta has made it quite easy for you to unlink the two using its Accounts Centre. If you get stuck in the process or have any other questions regarding these two platforms, you can reach out to me in the comments. I'd be happy to respond.

FAQs

How do I remove my Facebook profile from my Instagram bio?

To remove your Facebook profile for your Instagram bio, go to your **Instagram profile → Edit** profile **→ Links →** Tap **Facebook profile →**

Select **Remove** from bio and wait for a few seconds. You can follow the same process to remove any links added to your Insta bio.

What happens if I unlink my Instagram from Facebook?

If you unlink Instagram and Facebook, you won't be able to use cross-platform sharing, log in to Instagram using Facebook, or find mutual Facebook friends on Instagram (and vice-versa).

More on Instagram and Facebook:

- How to turn off Instagram activity status on iPhone and Mac
- How to turn on or off professional mode in Facebook on iPhone
- How to set up two-factor authentication on Facebook