How to view blocked people on instagram

Have you ever wondered who you've blocked on Instagram over the years? Keeping track of your blocked list is essential for managing your online privacy and social interactions. Blocking users ensures that certain individuals can't view your content, message you, or engage with your posts. Whether you want to review, unblock, or keep your list updated, this guide will show you how to check your blocked accounts on Instagram using both mobile and desktop. Why Checking Your Blocked List Is Important Privacy Management – Helps you control who can interact with you. Avoid Unwanted Users – Ensure past unwanted contacts stay blocked. Account Organization – Keep your blocked list updated based on new preferences.☐ Re-evaluate Old Blocks – Maybe it's time to unblock someone? How To View Your Blocked List On Instagram On Mobile (iOS & Android) Checking your blocked list is quick and easy on the Instagram app: 1☐ Open Instagram – Tap the Instagram app icon on your phone.2☐ Go to Your Profile – Tap your profile picture at the bottom right.3☐ Open Menu – Tap the three lines (☰) in the top right corner.4☐ Select 'Settings & Privacy' – Scroll down and tap it.5☐ Tap 'Blocked Accounts' – You'll now see a list of all accounts you've blocked. ☐ Pro Tip: If you've blocked multiple accounts, use the search bar to find specific users faster. On Desktop (Web Version) If you prefer checking your blocked list on a computer, follow these steps: 1☐ Visit Instagram – Go to Instagram.com and log in.2☐ Open Profile – Click your profile icon in the top right corner.3☐ Go to Settings – Click the gear icon ☀ next to your bio.4☐ Privacy & Security – Find this option in the settings menu.5☐ Click 'Blocked Accounts' – Your blocked list will appear. Using a desktop makes it easier to manage multiple accounts with a bigger screen and quick navigation. How To Unblock Someone On Instagram If you decide to unblock someone, here's how to do it on mobile and desktop. On Mobile 1☐ Go to Blocked List – Follow the steps above to access it.2☐ Find Their Profile – Tap their name to open it.3☐ Tap Their Profile – This will open their profile page.4☐ Click 'Unblock' – Tap the 'Unblock' button on their profile.5☐ Confirm Unblock – A prompt will appear. Tap 'Unblock' again. ☐ Once unblocked, they can view your posts, follow you, and message you again. On Desktop 1☐ Go to Blocked Accounts – Follow the steps above.2☐ Find the User – Click on their profile from the blocked list.3☐ Click 'Unblock' – This option is on their profile.4☐ Confirm Action – Click 'Unblock' again to finalize. ☐ Important Note: If you unblock someone and want to re-block them later, you will need to wait 48 hours before blocking them again. What Happens When You Block Someone On Instagram? Blocking someone on Instagram instantly restricts their access to you. Here's what changes: They Can't Find Your Profile – Your account disappears for them. No Direct Messages – Any past conversations will be removed. No Post or Story Interaction – They can't see, like, or comment on your posts. No Mentions or Tags – They won't be able to mention you in posts or comments. Note: If you have a mutual group chat, you will still see their messages unless you leave the group. Impact Of Blocking On Messages & Tags Direct Messages (DMs) – Conversations are removed from both inboxes. Mentions & Tags – They can't tag or mention you, but old tags remain visible. No Story Access – They won't be able to view or react to your Instagram Stories. (Image credit: Shutterstock) If you suspect someone has blocked you on Instagram, it's natural to want to find out for sure. After all, these kinds of things sting a little, especially if it's someone who used to be your friend.Don't worry though, because it's easy enough to find out on Instagram. Then you'll know definitively and can put the matter to rest.However, it's important to remember that if you've been blocked on Instagram, the person who blocked you likely doesn't want any contact with you and doesn't want you viewing their profile, so you need to suck it up and accept that fact. You would be ill-advised to go sneaking ways to circumvent their block or try to contact them. You may like With that out of the way, here's how to tell if you've been blocked on Instagram.In this example, Tom's Guide writer Andy Sansom has blocked me — but I won't exonerate him from his article deadlines though. Before he blocked me, I could see his profile and content.(Image credit: Future)To tell whether you're blocked, you'd follow these steps. (Image: © Future) In Instagram, search the person's username. As you can see, no results appear when I search Andy's username. (Image: © Future) You ask someone else to search the person's username. As you can see, when Tom's Guide Editor In Chief Mike Prospero searched for Andy's handle, he found his page straight away. Blocking takes effect straight away, but you may still see the person who has blocked you in your notification feed, if you've had recent notifications from them. Get instant access to breaking news, the hottest reviews, great deals and helpful tips.There also appears to be a lag — after Andy blocked me, I could still search for and access his profile. However, it was possible to tell I'd been blocked because his profile looked like the image below: totally void of content, with no content whatsoever.(Image credit: Future)There you have it. You now know how to tell definitively whether someone has blocked you on Instagram. If you'd like more tutorials for using social media apps, read our guides on how to download videos from Facebook, how to hide likes on Facebook and how to change your username on Instagram.Today's best Apple iPhone 14 Pro Max deals , the free accounts, the page on, is a cool red dwarf star with seven known exoplanets. It lies in the constellation Aquarius about 40.66 light-years away from Earth. It has a mass of about 9% of the Sun and is estimated to be 7.6 billion years old, making it older than the Solar System. The discovery of the star was first published in 2000.