

TECH

You can finally switch your Instagram feed to a chronological timeline. Here's how.

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Getty



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- Instagram reintroduced the option for users to view a chronological feed.
- The platform got rid of its chronological feed in favor of engagement-based rankings in 2016.
- Here's how to turn on a chronological Instagram feed.

For the first time in six years, you can view your Instagram feed in chronological order.

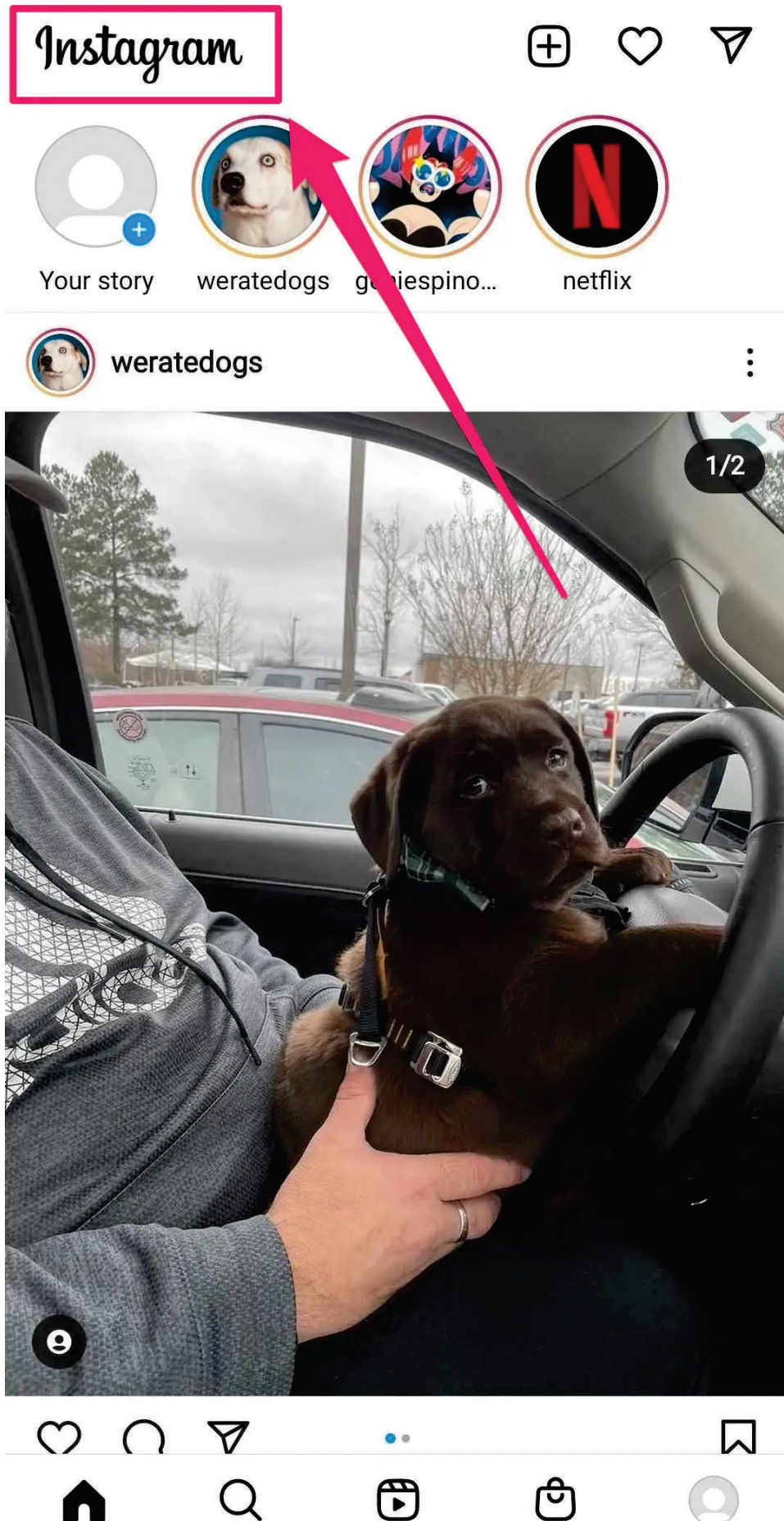
Instagram on Wednesday gave users the option to switch to a chronological feed. The platform's feed used to be purely chronological until 2016, when it changed to an engagement-based feed that introduced posts from accounts users didn't follow.

Critics, including the Facebook whistleblower Frances Haugen, said Meta's focus on engagement can promote harmful or divisive content. Haugen told a Senate hearing in October that she believed that replacing engagement-based ranking with chronological feeds is one way of making Meta's various platforms safer.

Like Facebook, Instagram lets you toggle the chronological feed but does not let you set it as your default feed. This means you'll need to manually turn on the chronological option every time you open the app.

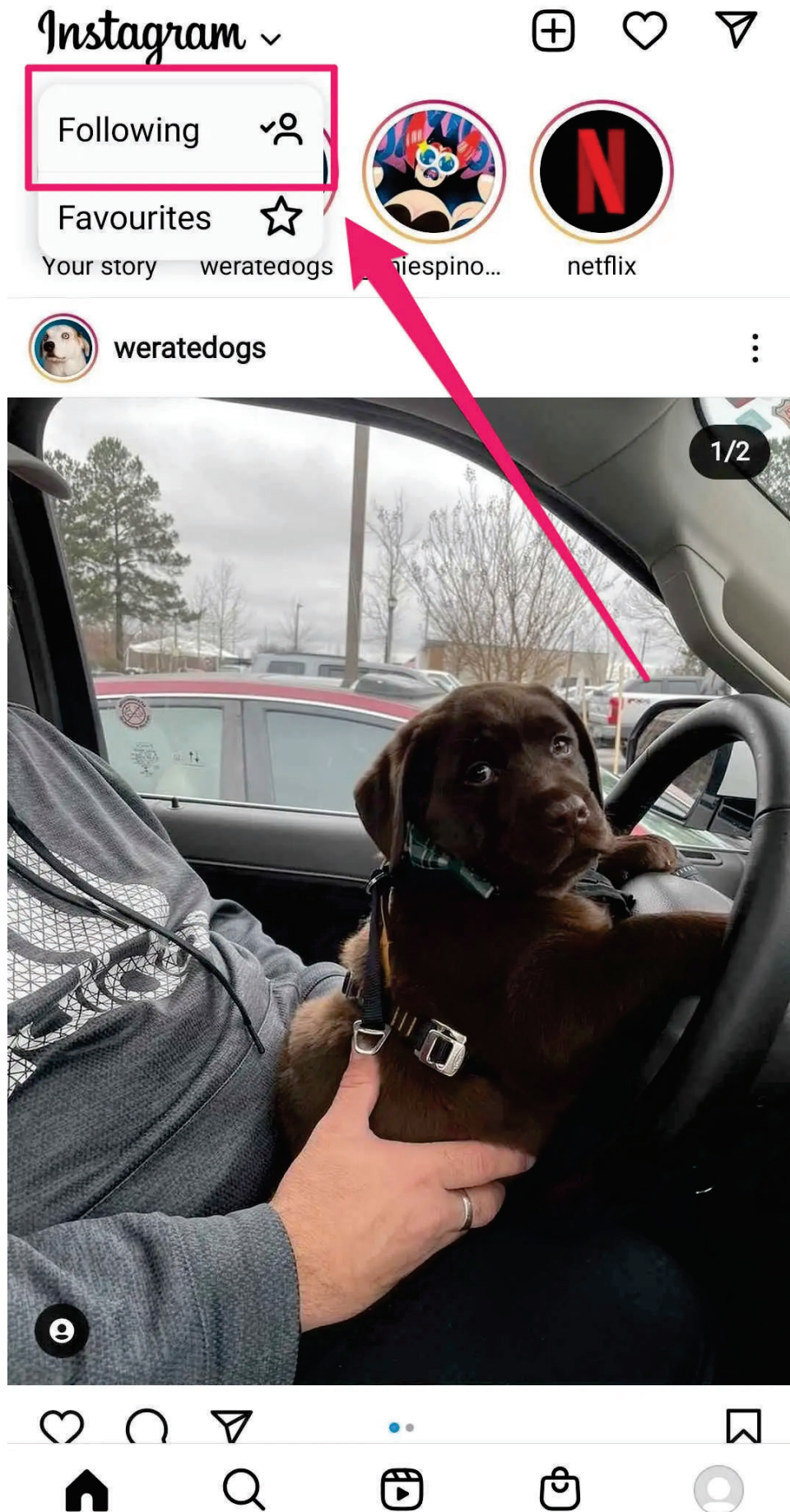
Here's how to switch on your chronological feed:

Load the app on your phone and click on the Instagram logo in the top, left-hand corner.



Instagram/Insider

Select "following" on the drop-down menu.



Instagram/Insider

This will take you to a version of your feed in which you see posts from only the accounts you follow, in chronological order.

← Following



weratedogs



109,039 likes

weratedogs This is Walter. He always asks if he can drive. Can't believe you finally said yes. 12/10 b... more

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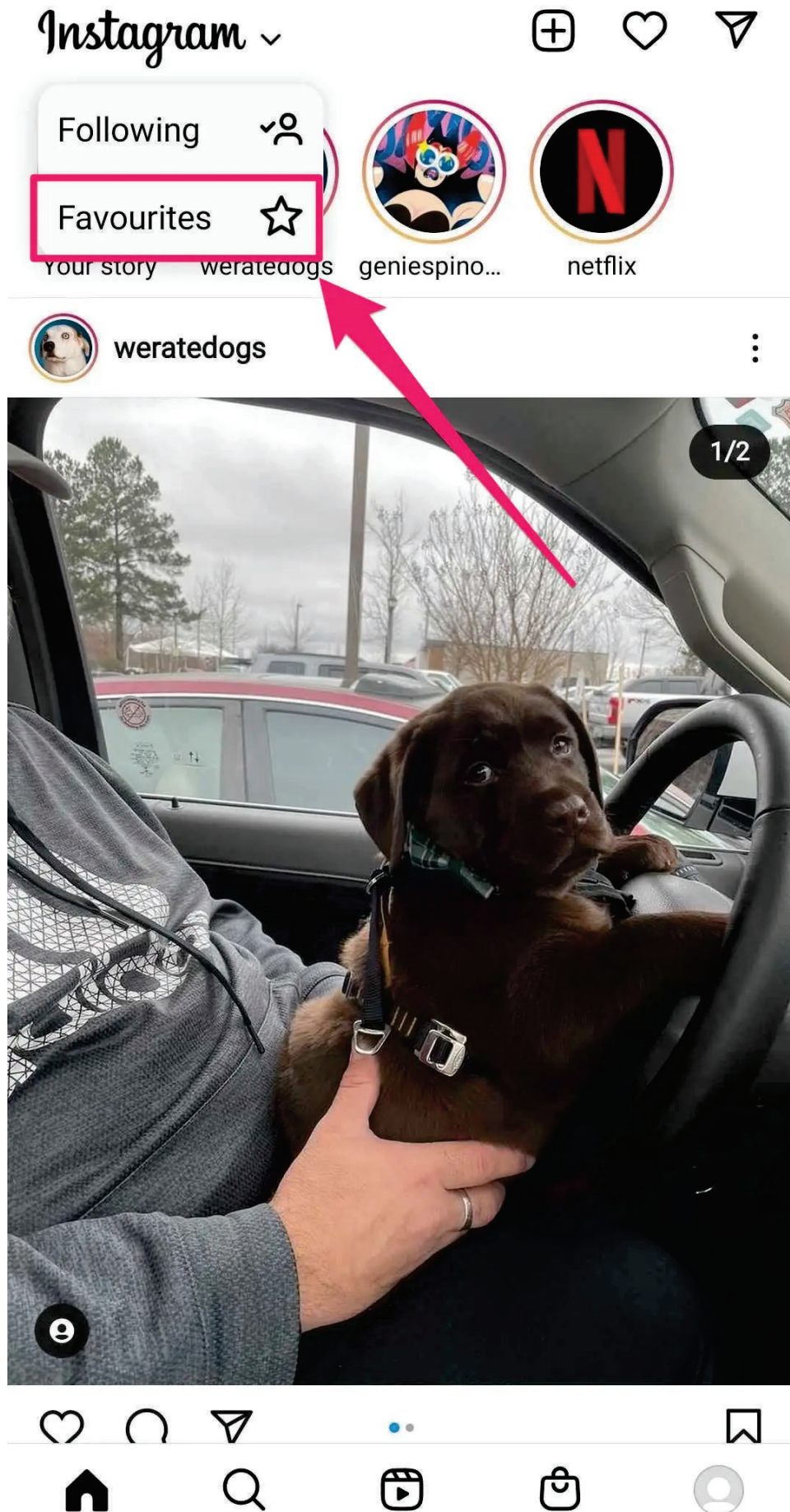


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Instagram/Insider

Instagram has also added a "favorites" option, which allows you to create a slimmed-down chronological feed that displays posts only from selected accounts.



Instagram/Insider

When you click on "favorites," you'll be invited to add accounts to your list of favorite accounts.



Favourites



Posts from your favourites are shown higher in feed. We don't send notifications when you edit your favourites. **How it works**

 Search

Favourites

[Remove All](#)

To get started, you can confirm these suggested favourites based on your activity on Instagram.



weratedogs
WeRateDogs®

Remove

[Confirm Favourites](#)

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Instagram/Insider

Once you add accounts to your favorites you'll have the option to view posts from them in order by clicking on the "favorites" tab, and posts from them will also appear higher in your regular feed.

Instagram's chronological-feed option is available only on its iOS and Android apps, not on the web.

A Meta spokesperson told Insider the company has no plans to bring the feature to the web version.

AD



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