

How to find your oldest social media posts and delete them

We've been living with social media for a long time now – Facebook opened up to the public in 2006 – and that means a lengthy trail of posts stretching back through the years. While this does let you take a nostalgic trip into the past with just a few clicks, it can also bring up some embarrassing and awkward memories.

Maybe your Twitter takes from 10 years ago haven't aged well, or there's an ex-partner you'd rather not remember, or you're heading for a job interview and don't want your would-be employers to judge who you are now from your decades-old social media posts.

Whatever the reason, you can find and delete ancient social media posts without too much difficulty using the web or mobile apps. (They say that anything on the internet is forever, of course, but you can do your best to at least somewhat mute your mistakes. Who knows? Maybe your potential new boss never heard of the Wayback Machine.) We've included instructions for Facebook, X, and Instagram, as these are the places where you're most likely to have posted content you've long since forgotten about.

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gray-e9 dark:[&a:hover]:shadow-underline-gray-63 [&a]:shadow-underline-gray-13 dark:[&a]:shadow-underline-gray-63">With just a few clicks, you can travel back in Facebook time.

a:hover]:text-black [&a:hover]:shadow-underline-black dark:[&a:hover]:text-gray-e9 dark:[&a:hover]:shadow-underline-gray-63 [&a]:shadow-underline-gray-13 dark:[&a]:shadow-underline-gray-63">You can find out when you joined Facebook by following a long list of links.

a:hover]:shadow-highlight-franklin dark:[&a:hover]:shadow-highlight-franklin [&a]:shadow-underline-black dark:[&a]:shadow-underline-white">X / Twitter

a:hover]:text-gray-63 [&a:hover]:shadow-underline-black dark:[&a:hover]:text-gray-bd dark:[&a:hover]:shadow-underline-gray [&a]:shadow-underline-gray-63 dark:[&a]:text-gray-bd dark:[&a]:shadow-underline-gray">Screenshot: X Corp.
X, which was previously known as Twitter, can often be a place for opinions and takes, and it's possible – even probable – that some of them have aged better than others. If you want to go down memory lane (and assuming you haven't already deactivated your account), you can get to your oldest tweets in a few ways, but using the platform's built-in search engine is the most straightforward.

Load X on the web, then:

- Type **(from:username) until:yyyy-mm-dd since:yyyy-mm-dd** in the search box at the top of the page.
- Change the username to your X handle, adjust the dates, and then hit **Enter**.
- Click the **Latest** tab at the top to sort the posts chronologically.

To delete a tweet, click the three dots next to it, then click **Delete**.

If you don't remember when you first joined, go to your **Profile**; the date you joined should be beneath your description.

If you want to use the mobile app for X instead, you can use the same search terms as above to find your tweets. Just tap the magnifying glass icon at the bottom of the screen to get to the search box.

a:hover]:text-black [>a:hover]:shadow-underline-black dark:[>a:hover]:text-gray-e9 dark:[>a:hover]:shadow-underline-gray-63 [>a]:shadow-underline-gray-13 dark:[>a]:shadow-underline-gray-63">It's easy to find your oldest posts on the Instagram app.

a:hover]:text-black [>a:hover]:shadow-underline-black dark:[>a:hover]:text-gray-e9 dark:[>a:hover]:shadow-underline-gray-63 [>a]:shadow-underline-gray-13 dark:[>a]:shadow-underline-gray-63">You can delete or archive old Instagram posts.